

REVISED EDITION

# SPIRITUAL HEALING

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By Robert E. Detzler

R E V I S E D   E D I T I O N  
**SPIRITUAL HEALING**

By  
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Edited By  
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## **Disclaimer**

None of the material or procedures in this book is an attempt to diagnose or treat any disease, medical condition or serious ailment. The techniques presented herein can be used as an adjunct to and in concert with a balanced, overall approach to health care. In no way is the material in this book meant to be a substitute for responsible action in regard to physical, mental, emotional or spiritual issues. Should you have a disease or medical problem, consult your health care providers.

Information in this book offers a spiritual method of treating non-serious complaints of every-day living. The particular treatment for individual use is determined by working with your High Self.

Should any complaint or condition persist, you will need to consult your physician.

It is not the purpose of this book to try and convince anyone or any profession that what they believe is incorrect or that their understanding needs expanding to include the spiritual aspect of mankind. The purpose of this book is to teach a method of working with Spirit to bring about changes in the physical body in a manner that is in harmony with the vibrations of the body.

## Contents

<b>Chapter 1. Introduction .....</b>	<b>1</b>
The High Self Committee .....	1
Learning To Ask .....	2
Ideomotor Response .....	2
Using a Pendulum .....	3
Yes and No Responses .....	3
Working Signal .....	3
Causes of Disease .....	3
We Do Not Inherit Illness .....	5
Causes of Specific Illnesses .....	5
Causes of Fears and Phobias .....	7
<b>Chapter 2. Direct Healing and Colors .....</b>	<b>8</b>
Technique .....	8
Figure 1, Direct Healing and Colors Chart .....	11
<b>Chapter 3. Healing Circle .....</b>	<b>12</b>
Technique .....	12
Figure 2, Healing Circle .....	14
Figure 3, Healing Circle Chart .....	15
Power Symbol .....	16
<b>Chapter 4. Healing Patterns .....</b>	<b>17</b>
Technique .....	18
Alphabetical Listing of Patterns .....	20
Individual Patterns .....	23
<b>Chapter 5. Clearing Discordant Energies .....</b>	<b>197</b>
Figure 4, Creative Power Symbol .....	197
<b>Chapter 6. Clearing Blocks to Positive Energies .....</b>	<b>199</b>
Figure 5, I Am For Love Circle .....	200
<b>Chapter 7. Symbols .....</b>	<b>201</b>
Alphabetical Listing of Symbols .....	201

## Chapter 1

### *Introduction*



*"When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be expressed. Wealth is useless, and reason is powerless."*

*Herophiles, 300 B.C.*

Jesus was the greatest spiritual healer known to mankind. He stated that the things he did, we could do also. Few people have ever believed that to be true, even though he said:

*"Believe me that I am in the Father and the Father in me; or else believe me for the sake of the works themselves. Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these shall he do; because I go to the Father. Whatever you ask in my name, I will do it, that the Father may be glorified in the Son." (John 14:11-13)*

There are over forty instances of Jesus' healing presented in *The Holy Bible*. Certainly, there were many others which were not recorded. Most of the forty healings were of people who were physically in his presence, yet some were far away. There is no time or space in Spirit. Healing can take place over long distances just as easily as for someone close at hand. Sometimes Jesus touched people, other times he did not. Spiritual healing simply works.

To Jesus, there was no such thing as an incurable disease—contrary to the beliefs promoted by the medical profession of our time. Today, most churches, ministers and

religious teachers not only do not believe Jesus' statement that we could do greater works than he did but they even deny that healing the physical body can be accomplished through spiritual practices.

Fortunately, some individuals throughout the ages have ignored religious teachings, tuned into the spiritual presence within themselves and continued to practice healing from the spiritual perspective. As a result, many people have been persecuted and even killed because they held to the Truth which Jesus taught regarding healing and other spiritual principles and they ignored the religious teachings presented by the priests and ministers.

#### **The High Self Committee**

I have written two books on a system called Spiritual Response Therapy (SRT). The information in these books, *The Freedom Path/Your Mind Net* and *Soul Re-Creation* was provided to me directly from Spirit. Spiritual Response Therapy is a process of researching the subconscious mind and soul records to discover and release hidden blocks to health, happiness, and spiritual growth. This system presents a method of accessing and working with a spiritual committee called the High Self. Jesus called his High Self "the Father within" and stated that all that he did came from and through that source.

*"Jesus said to them, 'Truly, truly, I say to you, the Son can do nothing of his own accord, but only what he sees the Father doing; for whatever he does, the Son does likewise. for the Father loves the Son and shows him all that he himself is doing; and greater works than these will he show him, that you may marvel. For as the Father raises the dead and gives them life, so also the Son gives life to whom he will.'" (John 5:19-22)*

It is of vital importance that each soul learn to work with the Father (High Self) for as Jesus stated. "My Father is working still, and I am working" (John 5:17). Jesus is one of the many souls who works on my High Self committee, indeed, he is the head of that committee. You can learn to work with your High Self committee to determine which of the spiritual healing therapies presented in this book are important and beneficial to you.

Some people believe that the High Self or the Father within, as Jesus referred to it, is a part of themselves. This is not correct. The High Self is actually a spiritual committee which may consist of one or many individual souls. These souls are assigned to you by Spirit and remain with you while you are in the physical body and even when you are without a physical body between incarnations.

When you decide to incarnate, your High Self committee works with you while you review your soul records and determine what you need to work on and accomplish when you enter the physical body. Based on your life path and what you decide to work on, you select your galaxy, planet, country, parents, physical body and your challenges of life.

Many people believe that they are victims and had nothing to say about being born. This is the farthest thing from the truth. We are not automatons or puppets. God does not jerk us around. We have free will to choose our path and free will to change it at any time even after we are in the physical body.

The major reason for crib death syndrome is that the soul decides it does not want to face

and work through the situation it chose, so it simply leaves the body. Later it will select another life path to experience and enter a physical body again. Some souls select very difficult lives and challenges and others come in to sort of drift along with very few challenges or major lessons to learn.

Some people have developed their spiritual potential to the degree that they are able to hear the still, small voice of the High Self. Others have a knowing or see inner pictures. A few have developed all of the five inner (spiritual) senses consisting of sight, sound, taste, touch and smell. These are the fortunate few who have developed the use of their spiritual gifts or talents and their awareness that their High Self committee is indeed working with them.

### Learning to Ask

The most important thing we can do in life is to learn to ask questions of and to work with the High Self or Father.

*"Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened." (Matthew 7:7, 8)*

Seeking is looking for answers on the inner plane of Spirit. Knocking is persistence in asking and seeking. Too often we give up out of frustration or lack of attention to the process of life.

When working with High Self it is important to be spiritually centered. Affirm: "I am the center of my universe and creator of my life and energies. I am as Jesus and work with the Father to create a greater reflection of life."

### Ideomotor Response

There is another way that you can become aware of your High Self committee and learn to work with it to receive the necessary responses and guidance to use these spiritual healing therapies. Hypnotherapists refer to it as the "ideomotor response." This simply means a movement of the muscles.



Hypnotherapists hypnotize a person and then program them to use a finger-lift to indicate 'yes' and 'no' responses to questions. They instruct these people to use the movement of the index finger of one hand to indicate a 'yes' response and the index finger of the other hand for a 'no' response. This is a very slow process and not as accurate as using a tool called a pendulum. Also, many people do not like to be hypnotized. Furthermore, it would be extremely difficult and inconvenient to be hypnotized each time you wish to use the healing methods in this book.

## Using a Pendulum

Using a pendulum is easy and simple. You do not have to be in a hypnotic trance. You can be just as conscious as you are now while reading this book. A pendulum consists of a weight on one end of a string, chain or other flexible material. The weight, or bob, can be any light-weight object such as a ring or a nut or washer from your workshop. You could even use a pendant necklace. Or pendulums—articles made for this specific purpose—can be purchased. Some people like a long string or chain and some like a short one. I prefer a pendulum which has a chain about three inches long with a small bead on the top end to grasp.

## Yes and No Responses

To program your subconscious mind to use a pendulum, hold the string or chain and deliberately move the pendulum forward and back while repeating the following words, "This is like nodding my head 'yes.' This is the way everyone indicates a 'yes' movement and I want it to be my 'yes' movement also." Then move it from side to side stating, "This is like shaking my head 'no.' This is everybody's 'no' movement and I want it to be my 'no' movement also." Once you have done this several times, allow the pendulum to come to a standstill, look at it and ask first for a 'yes' movement and then for a 'no' movement. The pendulum should move in the direction requested. If no movement is forthcoming, repeat the above statements. Once the 'yes'

and 'no' movements are established, you can ask some check questions such as, "Is my name \_\_\_\_\_ (state your name)?"

## Working Signal

There is one other movement you need to establish. This is called a working signal, which can be a clockwise or counter-clockwise circle. Simply ask your High Self to indicate a working signal for you. They may shift the direction of the working signal from time to time, using a clockwise signal one time and a counter-clockwise signal the next time. Either motion is correct and no additional significance is given to either direction.

It may take you some time to gain confidence in using a pendulum to determine which spiritual healing therapy is best for you. Once you start using these healing methods and begin to see the benefits derived, your confidence will increase and you will have the assurance that your High Self is indeed working with you.

## Causes of Disease

Since the completion and printing of *Spiritual Healing* in January of 1998, many reports have come back from users of the book. Some users state that they can feel the healing energy flowing from the pattern into and through their body. Others say that they become aware of the past lives involved and feel the shift in energy as they touch the pattern. Other people claim that physical problems they have had for years are completely gone or significantly reduced.

I was not aware when receiving the information for and drawing the original patterns, that use of the patterns would clear the past lives of the energy involved. Thus, for a person that has never experienced clearing of the soul records through Spiritual Response Therapy, use of the patterns is a real bonus. Even if the individual's soul records have been previously cleared there may still be energy of past lives that have not been cleared. That energy can still cause present life problems.

Sometimes High Self shows me a large onion - many feet in diameter -that needs to be cleared. As the soul's programs are researched and cleared, the large onion disappears layer by layer until nothing remains. Then they may show me small onions that still remain. This tells me that there are separate issues to be addressed and cleared. All of these can be eliminated by using the healing patterns in *Spiritual Healing* and in this addendum. Start at the first pattern and go through the book one pattern at a time to gain the assurance that all past life energies are eliminated.

**Although man has labeled many diseases, there are specific patterns in *Spiritual Healing* covering less than 200 diseases. High Self says that if the healing pattern does not exist for a specific disease, a combination of patterns may be used for treatment. For example using a combination of five patterns could treat measles. They are: Spleen, Over Stimulation, Feeling At Ease, Fatigue and Sore Throat. Just ask how many patterns are needed and use the alphabetical listing on pages 18 -20 to identify.**

In Spiritual Response Therapy, we research and clear the subconscious mind and past life discordant energies that can cause disease in the physical body. These discordant, carry-over energies from early life or past lives can also block positive relationships and prosperity and cause a host of other problems in an individual's present life. I find that the vast majority of all problems in the current life are not from the programming and experiences of early childhood, as so many therapists believe, but are a direct result of the accumulated discordant energies from past lives.

Working with High Self, I soon learned that it is not what happens to a person in any past or current life that causes a problem, it is the accumulated discordant energies. For a richer, more harmonious life, it is of vital importance to forgive and release every discordant energy we have ever accumulated against anyone or anything. The unresolved (unforgiven) discordant energies of past lives can cause a

multitude of problems in the present life. That is why Jesus emphasized the necessity of forgiveness.

*"And whenever you stand praying, forgive, if you have anything against any one; so that your Father also who is in heaven may forgive you your trespasses." (Mark 11:25)*

*"For if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses." (Matthew 6:14, 15)*

Life gives back only what we put into it. Until we understand that life is neutral and simply fulfills what we think and feel about it, we will continue to misuse the energies of life and create more problems for ourselves.

*"Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back." (Luke 6:37, 38)*

What we hold in mind and heart shapes and forms our life. According to quantum physics, thoughts are particles of energy and emotions are a wave form of energy. Physicists have found that you need the emotional energy or wave form to move the thought. Jesus put it in another way when he asked people if they believed that he could heal them.

*"And Jesus said to him, 'If you can! All things are possible to him who believes.' Immediately the father of the child cried out and said, 'I believe; help my unbelief.'" (Mark 9:23, 24)*

The essence of all forty-two chapters of the book of Job is couched in a simple statement in the third chapter.

*"For the thing that I fear comes upon me, and what I dread befalls me. I am not at ease, nor am I quiet; I have no rest; but trouble comes." (Job 3:25, 26)*

This statement by Job expresses the same truth that physicists are teaching today: that what we hold in both mind and heart creates our life. Job was holding fear and that fear caused him to lose all that he had and valued in life.

### **We Do Not Inherit Illness**

Contrary to popular belief we do not inherit illnesses. As human beings, we inherit merely the potential to experience illness. Every cell in the human body is a hologram containing everything that the soul has experienced. They are like mini-computers that have all of the basic programming of the soul and its experiences.

When the egg and sperm come together to form the physical body, the basic programming of both the father and mother are instantly in the fetus. Then, and only then, is there the potential for an illness to manifest sometime in the individual's life and only if the soul decided before it incarnated that it would face the challenge of an illness.

If we truly inherited illness, rather than the potential for illness, every soul would have every illness known to mankind since somewhere in the past generations of the family there would have been illnesses which could be passed on through the genes. High Self says that genetic programming can go back as many as nine generations. If illness were truly passed on, none of us would live to be adults and the human race would die out.

Clearing past life energies that are the causes of disease, fears, and phobias can free the person of those problems. This allows the physical body and the emotions to heal.

### **Causes of Specific Illnesses**

I have asked many questions of my High Self regarding the causes of disease and the answers are very interesting. Here is a partial list of the causes of specific illnesses. For each disease listed, I have given only the major cause or causes—the energies that have carried over from past lives. There can be many other energies, the accumulation of which can cause not only illness but other problems to manifest in a person's life.



## **Causes of Specific Illnesses**

AIDS	Self-punishment, self-limitation, self-destruction, suicide.
Allergies:	
Grass pollens	Death in a prairie or prairie fire.
Tree pollens	Death in a forest fire.
To animals	Death or harm by that type of animal.
To food	Death or harm involving that type of food.
Alzheimer's	Apathy, hate of life, pre-programmed.
Asthma	Death by fire, hanging, drowning, strangulation.
Appendix	Hate of people.
Arthritis	Injustice, stinginess.
Back	Torture, crucifixion, injury.
Blindness	Afraid to look at life, hate of God.
Brain tumor	Doubt.
Cancer:	Hate of self, life, others, God, etc.
Cervical, Colon	Torture.
Larynx	Hate of women, health abuse.
Leukemia	Hate plus anger.
Ovarian	Loss of a parent.
Prostate, Uterine	Torture.
Testicular	Torture.
Chronic fatigue	Adultery of consciousness with negative energy, addicted to negative consciousness.
Circulatory	Hate of self, frustration.
Deafness	Hate of women, hate of life, hate of self.
Diabetes	Hate of God (hate of good), could be sugar allergies.
Dumb (voice)	Self-limitation, self-punishment.
Elephantiasis	Self-punishment due to having harmed others in past lives.
Emphysema	Helplessness, hate of women.
Epilepsy	Hate of life and health abuse.
Epstein-Barr syndrome	Shame.
Fibromyalgia	Fear, appeasement of life, spiritual parasites.
Gall bladder	Bitterness causes stones (hardness).
Illness	Health abuse in past life by self or others.
Indigestion, Stomach	Hate of God (hate of good), past life poisoning.
Knees	Greed for spiritual awareness, too much time spent kneeling in prayer, injuries, torture.
Multiple Sclerosis	Judgement at Divine Plan level.
Neck	Death by unjust hanging, beheading, anger involving wars and injury.
Obesity	Gene carry over from past life, starvation.
Penis	Misapplication of sexual energy.
Pituitary	Denied or cursed God in past lives. This can cause problems with the rest of the endocrine system.
Psoriasis	Leprosy 97%, fear 3%.
Ulcers, Stomach	Hate of life.
Uterine	Homosexuality.
Varicose veins	Hate of women - caused death by fire 52%. When tortured by women 100%, by men 86%.



## **Causes of Fears and Phobias**

Agoraphobia	Killed by a mob or death in a crowd.
Claustrophobia	Death in a small space by asphyxiation.
Fear of heights	Falling from a high place or being pushed or thrown.
Fear of snakes	Death by snakes.
Fear of spiders	Death by spiders.
Fear of water	Death by drowning and as a form of torture.

## Chapter 2

### ***Direct Healing and Colors***



The book, *Soul Re-Creation*, Revised, has thirty-one charts including this Direct Healing and Colors Chart. This healing chart is shown as Figure 1. My High Self committee gave the information for this chart over a period of seven years. There are forty-two items listed on this chart, including the colors. High Self also indicated that there are an additional eighty-three items considered by them to be on the chart, but they are not shown. Most of the additional eighty-three items have never been revealed. Four very important items were: bacteria, fungi, parasites and viruses. When these were made known to me, I revised the chart to include them. The items that were removed from the chart to accommodate these four items are now included in the eighty-three items not shown. Nothing has been lost.

Once I have worked with a person to research and clear the accumulation of their discordant energies, whether from the current life or past lives, the High Self applies the vibrations of this chart directly. The elimination of discordant energies through the Spiritual Response Therapy process is much like performing spiritual surgery. Once that spiritual surgery has been performed, spiritual healing is very important and vital for the mental, emotional, physical and etheric bodies all of which can be damaged by discordant energies.

I do not want to go into a lengthy explanation of the many items on the chart as that is

irrelevant to the application of these vibrations by High Self. They can apply the energies direct without your knowing the details, so just learn to ask as they cannot apply the healing energies unless you ask.

#### **Technique**

Simply ask High Self to apply the vibrations directly as needed.

Many of the books listed on the Direct Healing and Colors Chart, are no longer in print and it is not necessary to have the books to use this chart effectively. You can work with your High Self to use the Direct Healing and Colors Chart. This process becomes obvious when you realize that eighty-three items of the total 125 are not even listed.

Sometimes, it is important to ask for repeated application of the Direct Healing and Colors Chart (Figure 1). It is much like using a medical prescription, with instructions from your doctor, "Take three times a day for seven days." Ask High Self if continued applications are needed and are important to the spiritual healing process. If they are, ask how many times a day and for how many days. Use the numbers shown on the chart (drop the zeros and use as single digits). Once you have the recommended dosage, follow through and ask High Self to apply the healing energies at the appropriate times.

Often, I find that nine treatments a day for nine days is important to bring about the necessary healing. If one or two treatments are missed, there is no need to be concerned. However, you may want to continue treatment longer than indicated until you witness the alleviation of the physical symptoms.

The products we purchase in the grocery store or elsewhere can have fungus spores, bacteria, parasites or viruses connected to them. Each of these, except for parasites, can also be taken in through the air we breath. Parasites are the cause of many problems in the body. Since they lay eggs that eventually hatch into more parasites, it is necessary to continue the application of the Direct Healing and Colors Chart until all eggs have hatched and all parasites are killed. Even after the body is cleared of parasites and their eggs, you can pick them up again and again. Therefore I suggest that each person ask for the application of the Direct Healing and Colors Chart daily. Just say, "High Self, please apply Figure 1 as needed."

Colors have their own specific vibrations and the color of the clothing we wear can have a positive or negative effect on our lives. Ask what color or colors of clothing are best for you. When there is a specific area of healing needed, you can ask High Self if there is a particular color of cloth or even paper that can be applied to the area to enhance healing. Use the pendulum to obtain responses as to the appropriate color of cloth or paper to use. Hold the pendulum over the dark circle on the chart and ask what color to use. High Self will move the pendulum to indicate the appropriate color.

To determine if application of the Direct Healing and Colors Chart would be beneficial:

1. If you have the chart in front of you, hold the pendulum over the chart. (If you do not have the chart with you, begin at Step 2.)
2. Ask: "High Self, would I benefit from an application of the Direct Healing and Colors Chart?"

3. If you receive a 'yes' answer, say: "Please apply as needed."
4. High Self will apply the appropriate healing energies from among the 125 included on the chart. It is not necessary to know which ones are being applied in order for them to work for you.

Be assured that High Self will never do anything that is not beneficial for you even if you ask for it, nor will they do anything for you without being asked.

To determine dosages:

1. Hold the pendulum over the chart and ask: "High Self, would continued applications be beneficial?"
2. If you receive a 'yes' answer, hold the pendulum over the dark circle on the chart and ask: "How many times per day do you recommend that this be applied?"
3. The pendulum will swing toward one of the numbers on the chart. Consider the numbers to be single digits, not tens. So if the pendulum swings to 80, know that 8 times per day is the recommended dosage.
4. Ask: "How many days should this be applied?"
5. The pendulum will swing toward one of the numbers on the chart.
6. Verify the dosage.

Example: If the number indicated in Step 3 was '4' and the number indicated in Step 5 was '8,' ask: "High Self, are you recommending that this chart be applied four times for each of the next eight days?"

7. If you have correctly determined the dosage, ask each day that it be applied. If you have not correctly determined the dosage, repeat Steps 2 through 6.

If you have difficulty in working this way, just ask: "High Self, if repeated applications of this Direct Healing and Colors Chart would be beneficial for me today, please apply them." You can make this request each and every day.

To determine which colors are most beneficial for you:

1. Ask: "High Self, which colors provide the greatest benefit for me?"
2. The pendulum will swing toward a color. Verify that you are reading the movement of the pendulum correctly. Ask: "Are you indicating the color \_\_\_\_\_?"
3. If the pendulum moves in a 'yes' response, go on to Step 4. If the pendulum moves in a 'no' response, begin again at Step 1.

4. Ask: "High Self, is there another color?"
5. If you receive a 'yes' answer, repeat Steps 2, 3 and 4 as many times as appropriate.

To determine which colors would be most healing for a specific illness or injury:

1. Ask: "High Self, is there a color that would enhance the healing of \_\_\_\_\_ (state the symptom, illness or injury)?"
2. If you receive a 'yes' answer, ask: "Please indicate the color."
3. You can ask that the color be applied and/or you can wear the color or apply it yourself.

# Direct Healing and Colors

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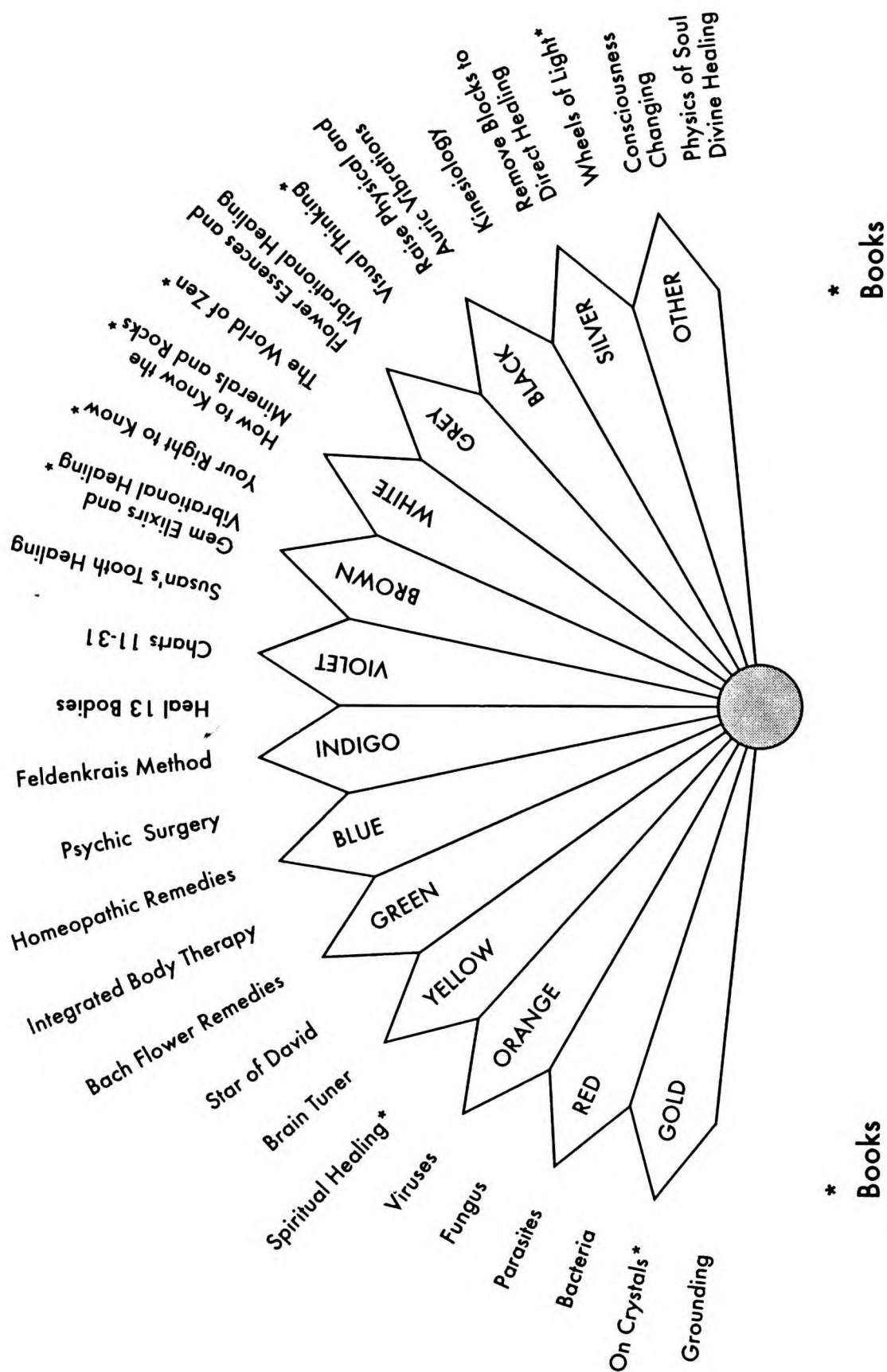


Figure 1, Direct Healing and Colors Chart



## Chapter 3

### *Healing Circle*



In 1996 my wife, Mary Ann, and I were in Swansea, Wales teaching an Spiritual Response Therapy workshop. Our host took us to a large circle of stones that was used for healing. Both of us asked High Self if there was any benefit to be derived from using that healing circle. We both received positive responses. We each asked for the specific areas that needed healing. The gates were indicated. Refer to the Healing Circle Chart (Figure 3).

We stood in the respective gates of the circle as indicated and both of us felt the flow of healing energy. We brought the design home with us and formed a healing circle in our own yard. People who used it could feel the healing energy flowing into and through their body. Later, we were informed by High Self that we could simply draw a circle on paper, place a finger in the designated gate and they would program the healing energy directly into the body. Many people have used the healing circle both on the ground and on paper and found it beneficial.

The way the two outer dots on the Healing Circle came into being is intriguing. When we returned to Swansea and stayed with our host once again, we found that he had formed two healing circles in his back yard. He had done a lot of questioning about the healing circle and was told by his High Self to add two outer stones and orient them in the direction of Stonehenge. They had told him that by doing

so the healing energy would be enhanced by a substantial amount. My High Self confirmed the information.

While we were in Venezuela teaching another Spiritual Response Therapy workshop, one of our students picked up from High Self that a star of David placed in the circle would further enhance the healing power. Later, we were instructed to place certain words in the star of David to again increase the energy. When this design was complete, the vibrations of the Healing Circle had been doubled in comparison to the original stone circle in Wales. This can be a very powerful spiritual tool, but only if you use it.

#### **Technique**

When using the Healing Circle (Figure 2), I find that I do not need to ask for a specific area or gate to be used. All High Self has me do is place my hand flat on the Healing Circle and they apply the necessary vibrations.

To use the Healing Circle Chart (Figure 3):

1. Hold the pendulum over the dark circle where the lines come together. Ask: "High Self, please indicate through a movement of the pendulum what gate to use?" In addition to the gates, there are also five other markers that can be indicated. These are listed on the outside of the chart.

2. Once a movement is given, ask if that is the correct item. Sometimes when you first begin to use a pendulum, it is difficult to tell what the correct movement is. As you practice, your skill in reading what is indicated becomes more exact. However, it is important to check each movement given by asking if that is the correct answer.

Example: The pendulum is moved to indicate Gate 7, meridian energy treatment. Ask if it is Gate 7.

If you receive a 'no' answer, ask if it is marker 17. If a 'yes' answer is received, you have located the correct point. If a 'no' answer is received, ask if it is marker number 18.

3. Once you have the correct gate or marker, place your finger there and ask High Self to program the healing energy directly into your body. They will move the pendulum in a working circle, so you will know that they are applying the healing energy as you asked. When they have finished applying the healing vibrations, they will move the pendulum in a 'yes' motion indicating completion. You can then ask if another healing energy is needed and follow the steps indicated.

# Healing Circle

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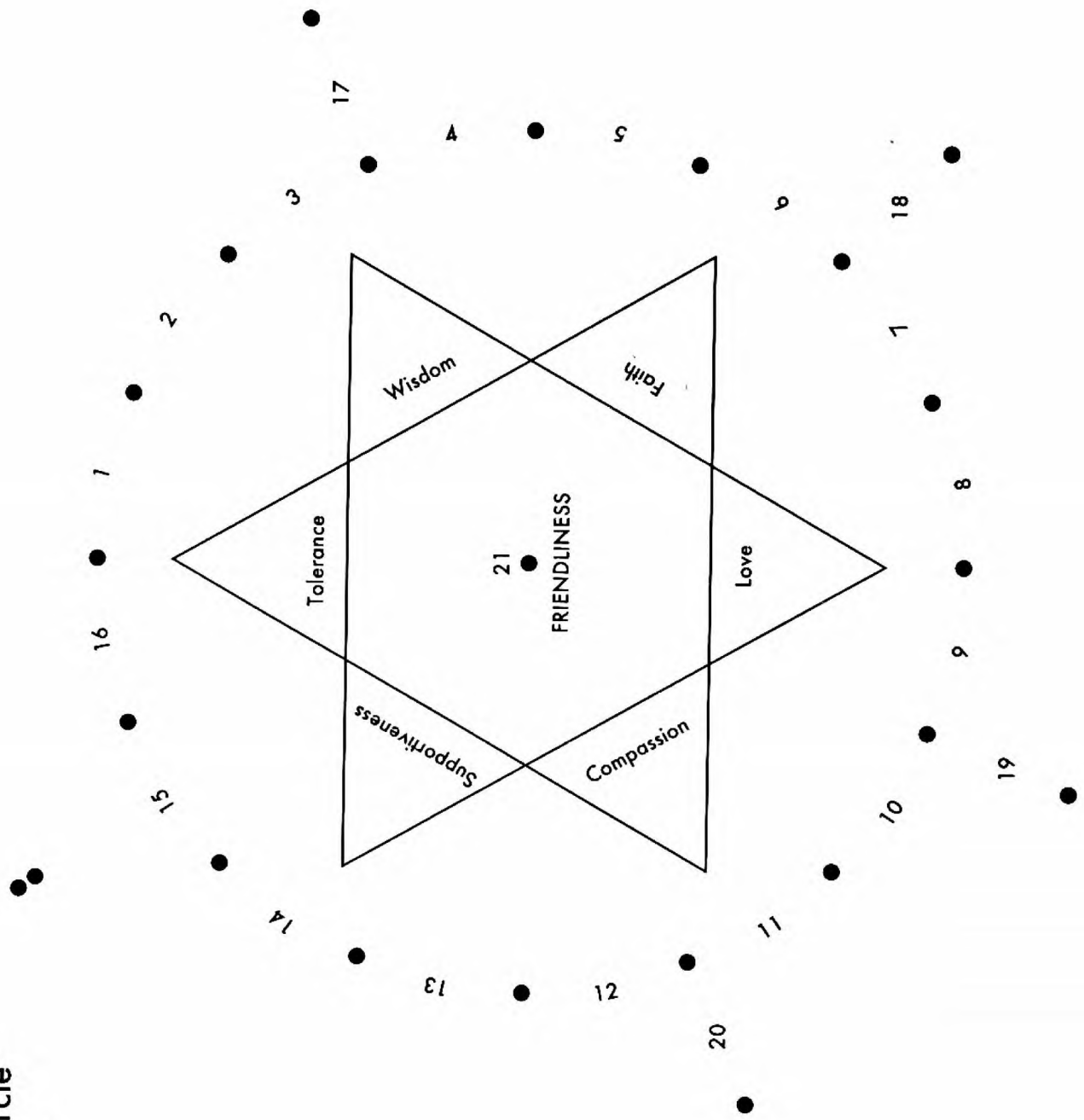


Figure 2, Healing Circle



# Healing Circle

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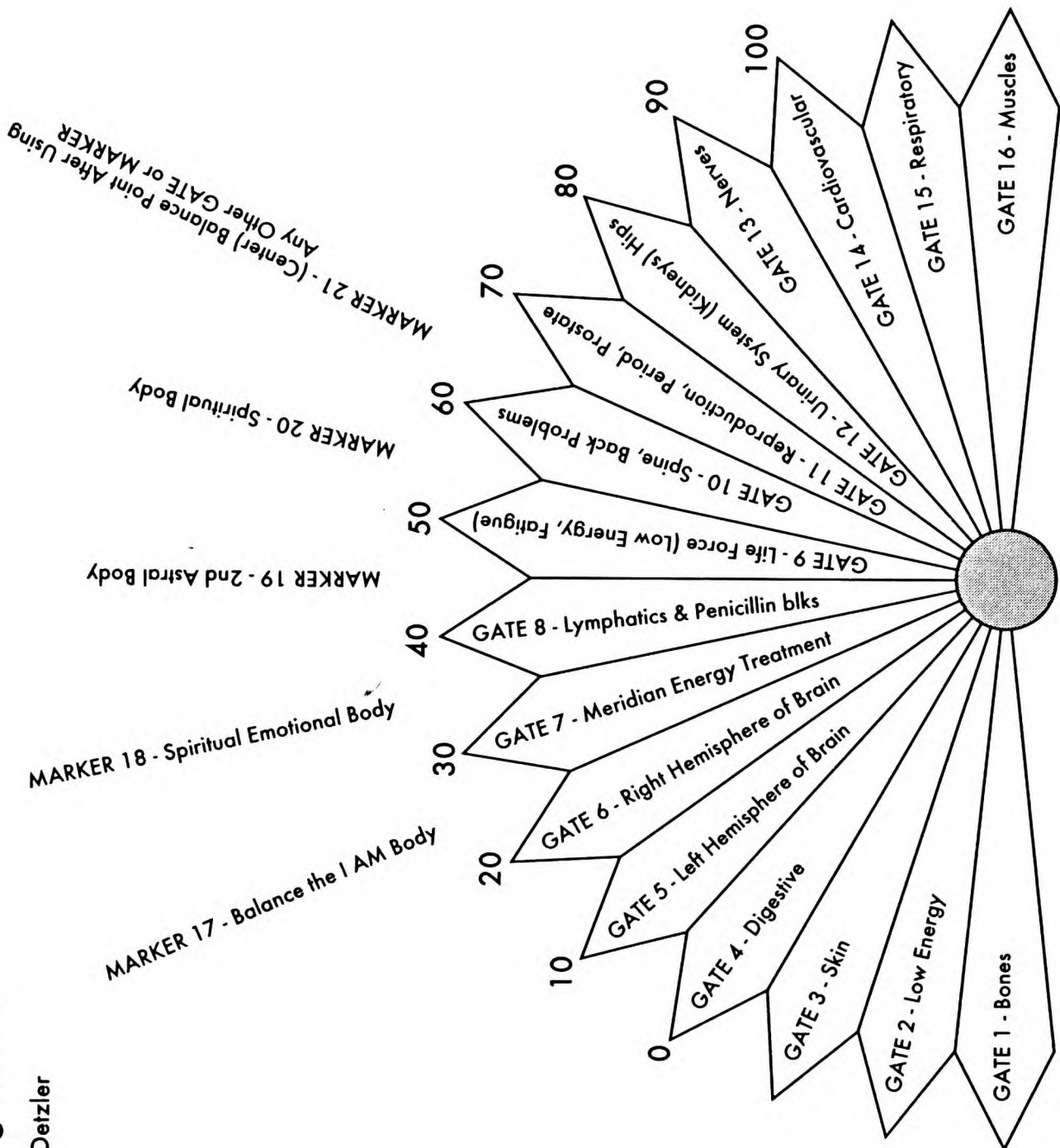
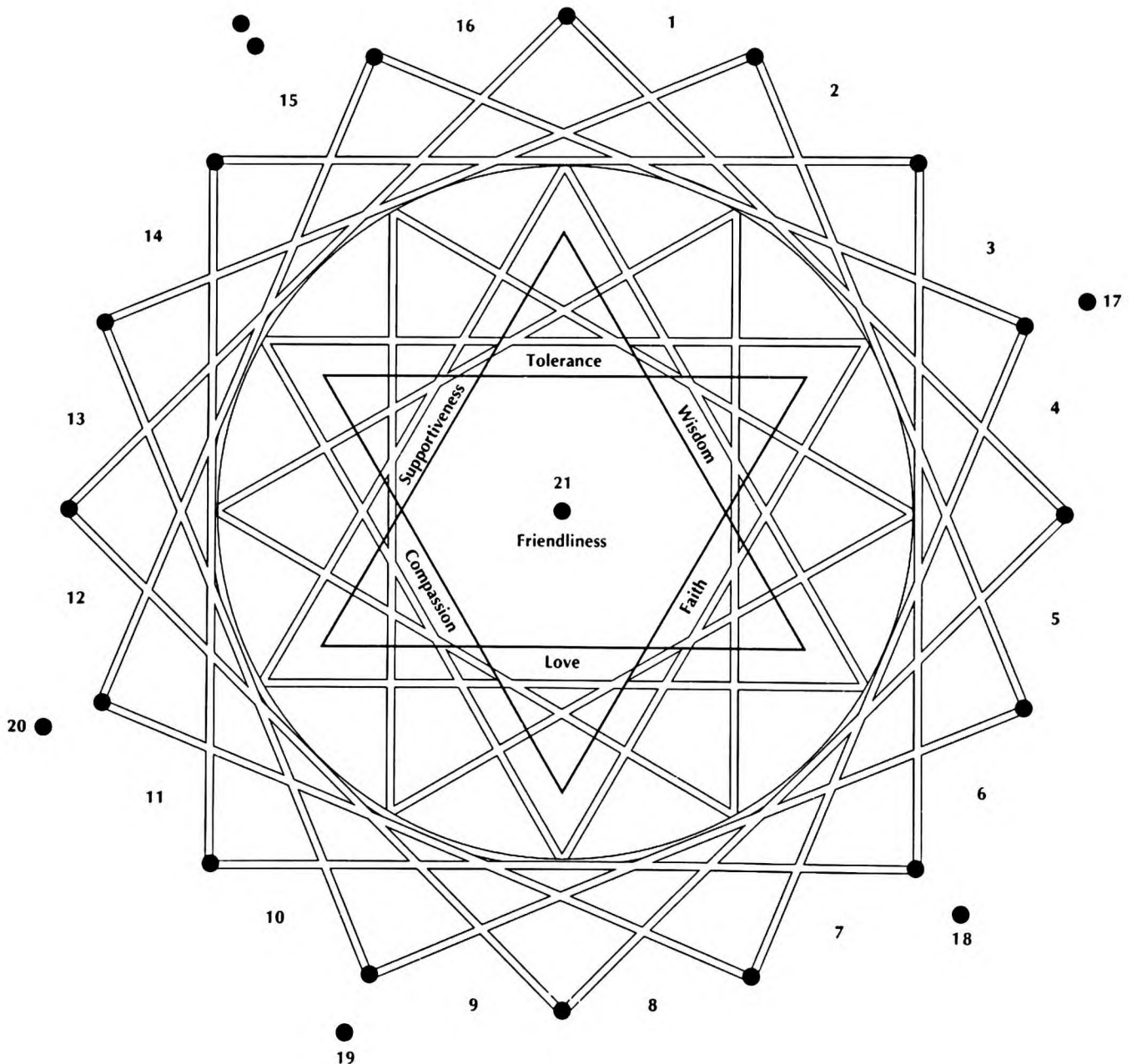


Figure 3, Healing Circle Chart

## ***Power Symbol***

During a recent trip to Venezuela, one of the Association's teachers showed me a drawing of the Healing Circle on page 13 of *Spiritual Healing* placed over the Creative Power Symbol from the cover. The points of the gates and the gates matched perfectly the 16 points of the Creative Power Symbol. The Star of David also fits perfectly within the symbol.

High Self says the energy of the Healing Circle is 200 and the energy of the Creative Power Symbol is 5,000. The combination of the two is beyond measure. Thanks to the young lady in Venezuela we now have a more powerful healing, balancing tool.



## Chapter 4

### *Healing Patterns*



The healing patterns in this book were given by Spirit. Spirit is that which lies behind all that is. Spirit is also referred to as Jehovah or Yahweh. Jehovah, in Hebrew, means, "He-who-is, who-was, who-will-be manifest; the self-existent ONE; He who is eternal." This is the I AM THAT I AM that spoke to Moses on Mount Sinai. Spirit is the creative principle that lies behind all that is. Spirit is not a person. Rather, it is all life, substance and intelligence. It is infinite consciousness that extends itself as all that is. You can accurately say that everything that is created both spiritually and physically is an extension of the one great Spirit. As individuals, you might say, we are cells in the body of Spirit. Spirit extends itself as all that is in an ongoing process of expansion.

The following information is found in the *Metaphysical Bible Dictionary* and High Self says it is very accurate.

*"Metaphysically: Moses says in Exodus 3:14, 15 that Jehovah told him that His name means: 'I AM THAT I AM.' Hebrew students say that the original word is JHVH, which means the ever living male-and-female principle. Lee's Hebrew Lexicon identifies this name with Christ, as the manifestation of God that speaks to patriarchs and prophets. Jesus confirms this in Matthew 22:42-45, where He reveals that the Christ existed before David, whose son He was supposed to be. In the Old Testament the spiritual I AM is symbolically described as Jehovah; in the New Testament it is called Christ.*

*Creation originates and exists in Divine Mind, God. In the creative process Divine Mind first ideates itself. In the Scriptures this ideal is named Jehovah, meaning I AM the ever living; He who is eternal. The creation is carried forward through the activity of the Holy Spirit."*

High Self says that in the above definition, the reference to Divine Mind should be Divine Consciousness which works through Divine Mind.

According to the information that my High Self has given, God is a Being created by Spirit while Spirit is beingness itself; that which lies behind and imparts life, intelligence and substance to all created beings. Thus, God, as referred to in the above statement, is actually Spirit. This is also true of the first statement in *The Holy Bible*, "In the beginning God created the heavens and the earth." God, as used here, is (more accurately) Spirit.

There are three aspects to I AM THAT I AM: (1) Divine Consciousness or Creative Principle, (2) the idea of self expression—the Son or Christ, and (3) the expression or movement of those ideas by the breath of Spirit—the Holy Spirit.

Another word for Creative Principle is Logos (Greek). In the first chapter of John, the Logos is referred to as the Word. Everything that was created was created by the Word. Each human being is in truth a spiritual being inhabiting a physical body, having human experiences.

The process of creating your personal life is the same as the process involved with Spirit extending itself. First, there is consciousness, then an idea in consciousness. Finally, the idea is given movement through the word or breath. On both the Spirit level and human level, the creative process is the same: consciousness, idea and expression.

Experience is the major process of life whereby we learn and grow on all levels: mental, emotional and physical. You may say that it is impossible for healing to take place by simply touching a funny looking polygram. Yet, every shape in existence has its own vibration that may affect you in a special way. Whether it be a lovely fluted flower, a racy automobile or a skull and cross-bones, all may have a profound effect on the mind and body.

Remember that only through trying things do we learn, accomplish and grow in life. Try the patterns. They work! One woman in New Jersey takes her healing book to work with her and other employees borrow it because they receive a positive benefit from using the patterns.

Hebrews 11:1 states, "Now faith is the substance of things hoped for, the evidence of things not seen." We are given spiritual substance to mold and shape in our lives and it is moved and brought into expression through our belief or faith. Faith is developed by trying. A baby learns to crawl before it stands up and walks. Use the patterns and you will soon find that they work.

If you do not see results, contact your medical professional. Once you have learned to work with your High Self, you can ask for the healing patterns or charts to use. You can also ask the value of contacting your doctor. For this purpose, use the scale of 0 to 100 on the chart.

## **Technique**

To identify and use the Healing Patterns:

1. Ask if one or more patterns would be of benefit to you in healing any symptom.
2. If you receive a positive response, hold the pendulum over one of the pages where the patterns are listed and ask if the pattern is on that page. Do this until you identify which page the pattern is on.
3. Hold the pendulum below the page a few inches and ask which column the healing pattern is in. (You can also use numbers and ask if it is in column one or two.) The pendulum will be moved to indicate the column.
4. Once the column has been determined, turn the book sideways. Holding the pendulum off the edge of the paper a few inches ask High Self to indicate the direction to move to locate the correct pattern listing. When the pendulum angles to the right or left, move the pendulum slowly in that direction until it changes direction and points to the pattern to be used.
5. Once you believe the correct pattern is indicated, ask if it is the correct pattern. If you receive a negative response, pick the adjacent pattern and ask if that is the correct one.
6. Once you have identified the correct pattern, turn to the page indicated and place your finger or hand on the pattern. Ask for a working signal to indicate that they are programming the healing vibrations directly into your body.
7. When High Self indicates that completion has been reached by a 'yes' movement, ask if there is another pattern needed and repeat the process.



For repeated use:

Ask if you need to repeat application of the healing pattern several times. Should repeated applications of a pattern be needed, use a chart with numbers and ask how many times a day you need to use the pattern/s and for how many days. (Refer to the Technique section for the Direct Healing and Colors Chart for step-by-step instructions in how to determine frequency.)

If you are working, it may not always be convenient to carry the book with you in order to use the patterns. Simply take a small piece of paper and write the name of the healing pattern on it. Place the paper over the pattern in the book for five minutes and it will absorb the energy of the pattern. When the next application is needed, place your hand on the paper and the vibrations will be absorbed directly into the body. High Self says the paper will hold the energy of the healing pattern for nine hours. If additional treatments are needed the next day, you will need to recharge the paper. A separate piece of paper is needed for each pattern.

Another method is to place a small vial of clean water on the healing pattern for five minutes. The water will be charged with the healing energy. Use an eye dropper to place a few drops of the charged water under your tongue as many times a day as directed by High Self. Again, the water will hold the charge for only nine hours and then would need to be recharged. When more than one healing pattern is to be used to bring about the necessary vibrational changes in the physical body, place the vial on each healing pattern in succession—five minutes for each pattern. The water can hold the vibrations of up to seven patterns.

**CAUTION:** Always check with High Self to make certain that a healing treatment is needed and not an appointment with a medical doctor. Should a symptom persist, make an appointment with your medical doctor or appropriate health care professional. Another possibility is that there is a subconscious program that is causing the persistent symptoms (refer to chapters 4 and 5). In that case, you may need to clear a program or if you do not have the training to do so, you may wish to contact a consultant trained in the Spiritual Response Therapy technique.

## **Alphabetical Listing of Patterns**

- Abdominal Cramps, page 23
- Aches, page 24
- Acne, page 25
- Addictive Habits, page 26
- Adrenals, page 27
- Aids, page 28
- Alcoholism, page 29
- Allergies, page 30
- Aneurysm of the Great Vessels, page 31
- Arteries of the Heart, page 32
- Arthritis, page 33
- Back Muscle Spasms, page 34
- Backache, page 35
- Bacteria, page 36
- Bee Stings, page 37
- Birth Process, page 38
- Blood Pressure, High, page 39
- Blood Pressure, Low, page 40
- Brain Wave Pattern, page 41
- Bronchial Irritation, page 42
- Brutality, page 43
- Bulimia, page 44
- Bunions, page 45
- Bursitis, page 46
- Business Pressure, page 47
- Carpal Tunnel Syndrome, page 48
- Cartilage-Arms and Shoulder, page 49
- Cartilage-Knees and Feet, page 50
- Chemical Imbalance, page 51
- Chlamydia, page 52
- Chronic Headache, page 53
- Cigarette Craving, page 54
- Cleansing Emotional Confusion, page 55
- Cleansing Mental Confusion, page 56
- Cold Preventative, page 57
- Cold Remedy, page 58
- Constipation, page 59
- Cranial Adjustment, page 60
- Cysts, page 61
- Dalliance, page 62
- Depression, page 63
- Despondency, page 64
- Diarrhea, page 65
- Earache, page 66
- Ears, page 67
- Eczema, page 68
- Emotional Abuse, page 69
- Endocrine System, page 70
- Energy Balancing, page 71
- Energy Boost, page 72
- Environmental Sensitivity, page 73
- Environmental Stress, page 74
- Environmental Toxicity, page 75
- Error, page 76
- Etheric Adjustment, page 77
- Eye Irritation, page 78
- Eyes, page 79

- Fatigue, page 80
- Fearfulness, page 81
- Feeling At Ease, page 82
- Feeling At Home In Your Body, page 83
- Fetus, page 84
- Fibromyalgia, page 85
- First Aid, page 86
- Flu, page 87
- Food Poisoning, page 88
- Fungus, page 89
- Gallbladder, page 90
- Gastritis, page 91
- Hangover, page 92
- Harried, page 93
- Healing Time Flow, page 94
- Heart, page 95
- Herpes, page 96
- Herpes Simplex, page 97
- Hurrying, page 98
- Hypothalamus, page 99
- Hysteria, page 100
- Incontinence-Emotional, page 101
- Incontinence-Physical, page 102
- Indigestion, page 103
- Inner Strength, page 104
- Insect Bites, page 105
- Insect Repellent, page 106
- Jaundice, page 107
- Jet Lag, page 108
- Joint Injuries, page 109
- Kidneys, page 110
- Lifted Spirits, page 111
- Liver Treatment, page 112
- Lou Gehrig's Disease, page 113
- Lungs, page 114
- Lupus, page 115
- Lydig Cells, page 116
- Lyme Disease, page 117
- Manic Depression, page 118
- Manipulative, page 119
- Meningitis, page 120
- Menopause, page 121
- Mental Alertness, page 122
- Migraine, page 123
- Moodiness, page 124
- Motion Sickness, page 125
- Nausea and Vomiting, page 126
- Negativity, page 127
- Nerve Injuries, page 128
- Neutralizing Dental Amalgams (Fillings),  
page 129
- Objectivity, page 130
- Obstacles To Cure, page 131
- Olfactory, page 132
- Opening the Heart, page 133
- Operations, Healing Assist, page 134
- Over-Stimulation, page 135
- Overweight, page 136
- Pain, page 137

- Pancreas, page 138
- Panic Attacks, page 139
- Parasites, page 140
- Parathyroid, page 141
- Parkinson's Disease, page 142
- Persistent Cough, page 143
- Phlebitis, page 144
- Physical Injury, page 145
- Plaintive, page 146
- Poison Ivy, page 147
- Poison Oak, page 148
- Pollution Protection, page 149
- Pre-Menstrual Syndrome, page 150
- Regularize Erratic Lifestyle, page 151
- Rejuvenation, page 152
- Religiosity, page 153
- Repetitive Strain Injury, page 154
- Resistance, page 155
- Respiratory Stress, page 156
- Rheumatism, page 157
- Scleroderma, General, page 158
- Scleroderma, Morphia, page 159
- Sickle Cell Anemia, page 160
- Sinus Inflammation, page 161
- Skepticism, page 162
- Skin Relief, page 163
- Sleep Apnea, page 164
- Sleeplessness, page 165
- Smog, page 166
- Sniveling, page 167
- Sore Throat, page 168
- Spleen, page 169
- Sports Injuries, page 170
- Sprains, page 171
- Stimulating the Healing Response, page 172
- Stomach Flu, page 173
- Stomach Ulcers, page 174
- Stomachitis, page 175
- Stress, page 176
- Sudden High Fever, page 177
- Tachacardia, page 178
- Teeth and Gums, page 179
- Tendonitis, page 180
- Tension Headache, page 181
- Tension Release, page 182
- Thalamus, page 183
- Throat Sensitivity, page 184
- Throbbing Headache, page 185
- Thyroid, page 186
- Tired Feet, page 187
- Tonsillitis, page 188
- Too Keyed Up, page 189
- Toothache, page 190
- Toxicity, page 191
- Traumatic Events, page 192
- Uterus, page 193
- Viruses, page 194
- Weight, Excess, page 195
- Worrying, page 196

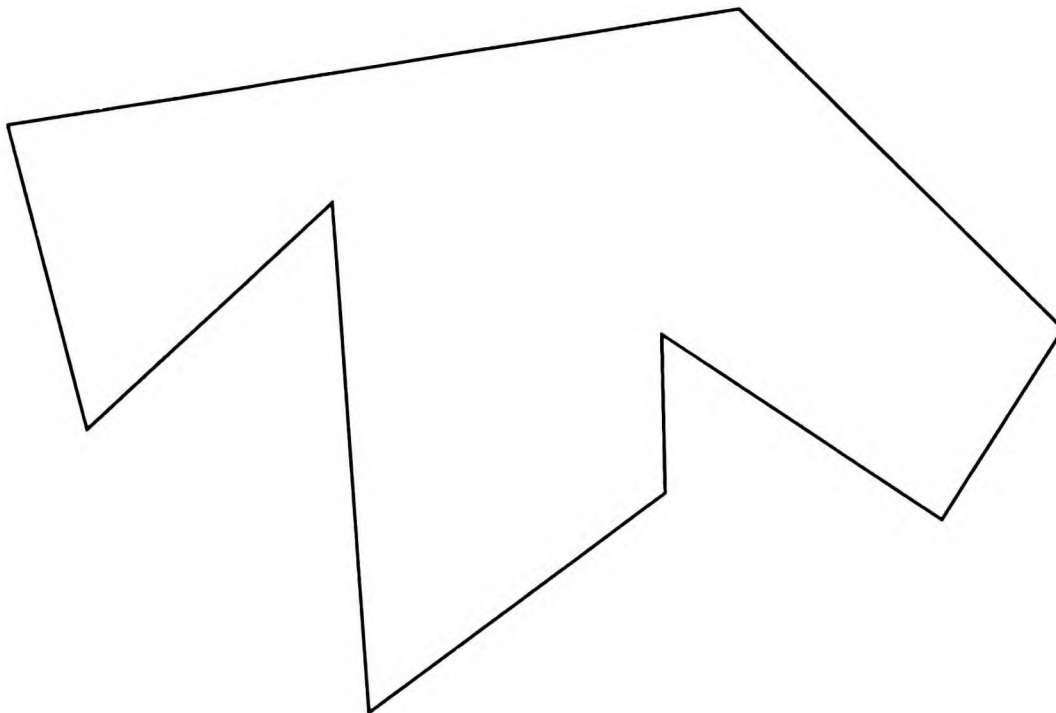


## ***Abdominal Cramps***

This pattern may be used not only to alleviate menstrual, but muscular, or other forms of cramps. These cramps can be a result of a shortage of calcium. Ask High Self if you need more calcium. Since vitamin D increases the assimilation of calcium, select several forms and brands of calcium and vitamin D, then ask High Self to indicate which is the best form and amount for you. Set the bottles in a row and use your pendulum. High Self will move the pendulum to indicate the best product for you. Ask High Self to increase the strength, effectiveness and assimilation of any supplements you take.

The major cause of menstrual cramps is past lives where the person was a female and they were sexually tortured. Clearing the past life record usually lessens the cramping and makes using the pattern more powerful and effective. (See Chapters 5 and 6.)

**Other patterns to consider:** Addictive Habits, Bulimia, Endocrine System, Fearfulness, Feeling At Ease, Lifted Spirits, Pancreas, Pollution Protection, Skepticism, Stress.

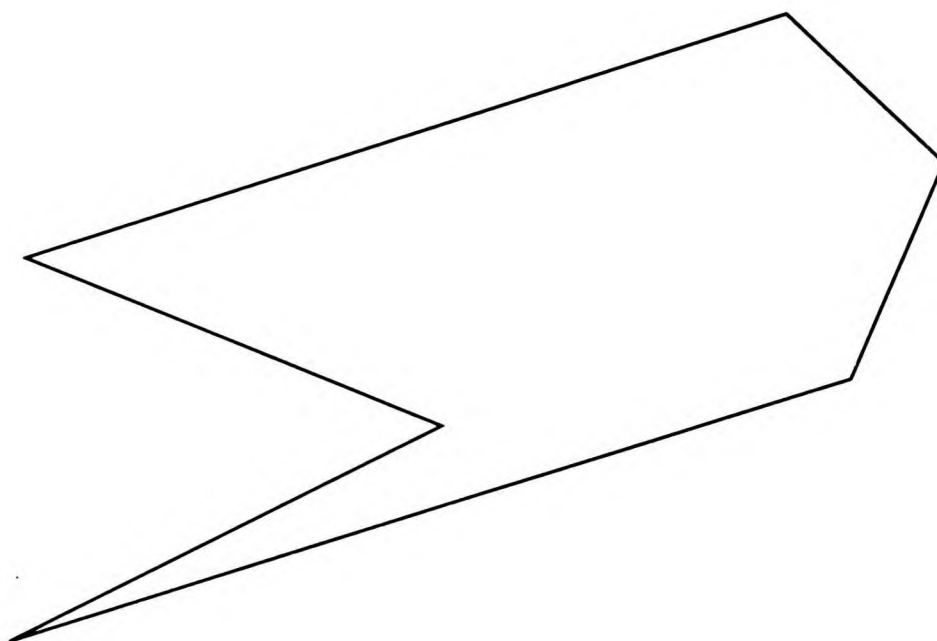


## ***Aches***

Some persistent aches or pains are due to injury or harm from other life times. One person had a persistent pain in the shoulder near the neck which was caused by the energy carried over from a past life in which they had been struck with a sword. Clearing the past life record and energy eliminated the pain.

Use this pattern for the relief of occasional aches. Should an ache persist, a medical examination may be needed.

**Other patterns to consider:** Brutality, Despondency, Environmental Stress, Fearfulness, Negativity, Panic Attacks, Regularize Erratic Lifestyle, Stress.



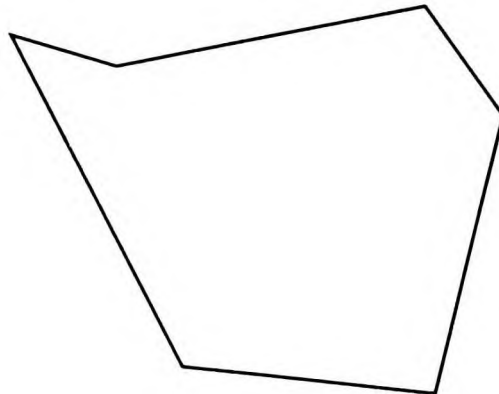
## **Acne**

The major past life energy causing acne is hate of God. Hate of God is almost always a result of having been killed for being a spiritual channel for healing or information, like Jesus was. Since the source of the information being channeled is the High Self and many people believe that their spiritual committee is Spirit or God, they can establish an energy of anger at or hate of God.

Past life energies accumulated as a result of being burned at the stake or being tortured or abused by the use of fire or caustic substances with the intent to cause pain or suffering can carry over and cause physical symptoms in the present life.

Skin eruptions can also be caused by bacteria and viruses. Use this pattern in conjunction with the Direct Healing and Colors Chart shown in Figure 1 to clear and keep clear of bacteria and viruses.

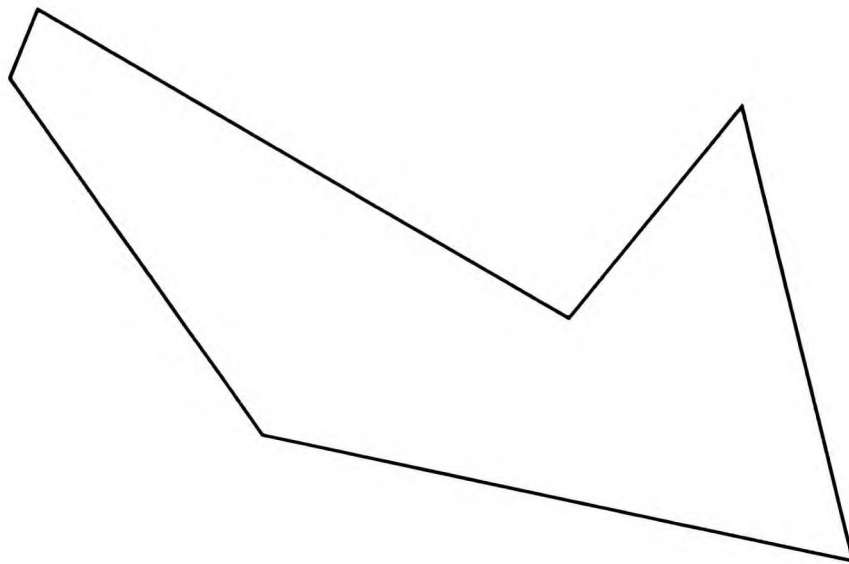
**Other patterns to consider:** Bacteria, Despondency, Fearfulness, Indigestion, Plaintive, Resistance, Skin Relief, Viruses.



## ***Addictive Habits***

High Self states that any addiction, even an addiction to God, is limiting and destructive. This pattern can be used to break an addictive habit or the desire for a mood altering stimulant or activity. Addictions might be to a substance such as tea, coffee, chocolate, soda pop, tobacco, alcohol, over-the-counter medications, vitamins, illegal drugs or a particular food.

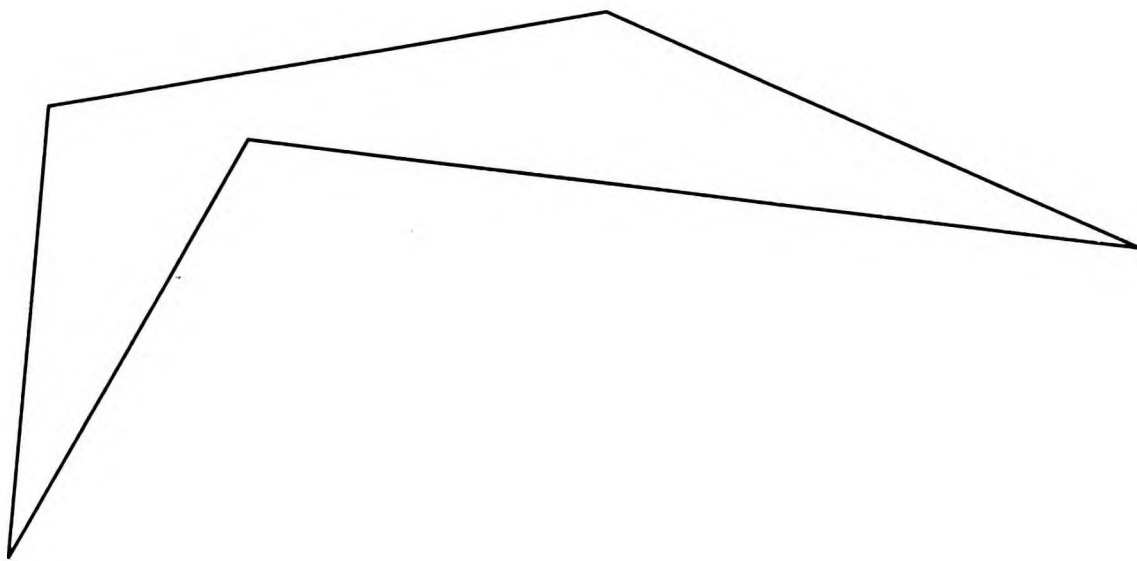
**Other patterns to consider:** Business Pressure, Dalliance, Environmental Stress, Jaundice, Objectivity, Obstacles To Cure, Rejuvenation, Too Keyed Up.



## ***Adrenals***

The energies of fear, hate and despair carried over from past lives can cause improper functioning of the adrenals. Present life tension, anxiety, fear, hate or despair can also cause a problem of over-stimulation or under-stimulation of the adrenals. Use this pattern to balance the adrenals.

**Other patterns to consider:** Energy Balancing, Fatigue, Inner Strength, Obstacles To Cure, Regularize Erratic Lifestyle, Toxicity.

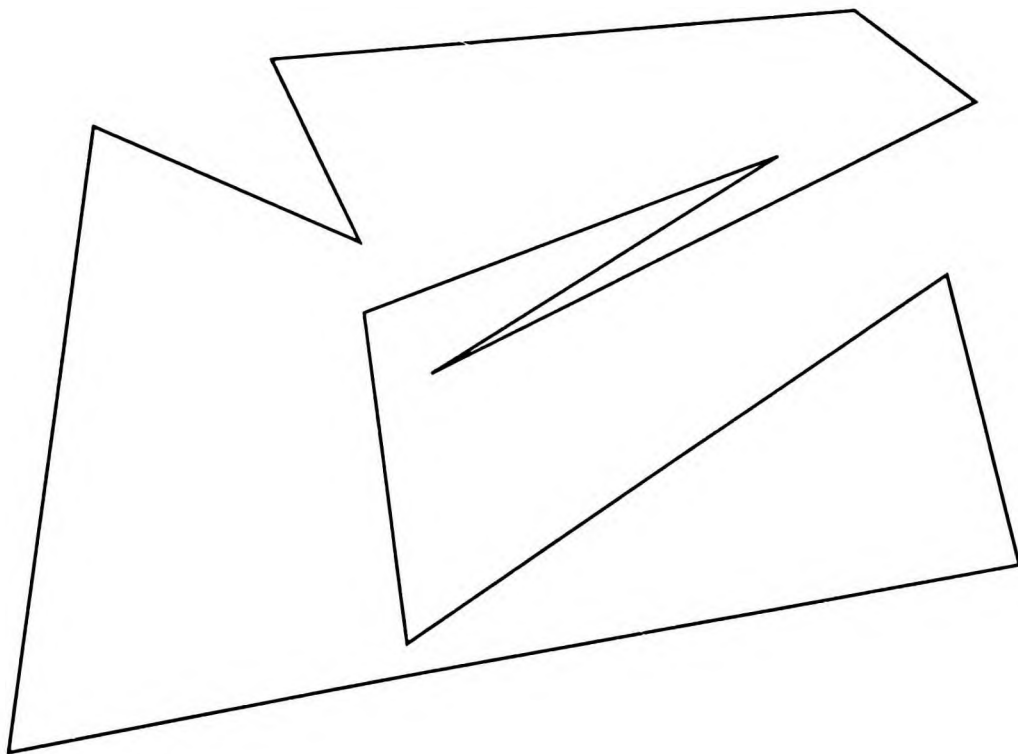


## ***Aids***

The major cause of aids, which includes HIV, is past life energy. The energies were given as sexual abuse of others, self-punishment, self-limitation, suicide, hate of God, hate of self, self-destruction, selfishness and appeasement of God.

SPIRIT says that the highest destructive energy regarding sexual abuse of others is present when children are involved as the subject of the abuse. The soul recognizes when its human manifestation is in error and experiencing contrary to spiritual wisdom. Thus, it sets up a desire to appease God by experiencing illness and suffering. The mortal mind often blames God for its weaknesses and foibles. Actually we have free will and it is personal choice that causes us to be in harmony or disharmony in life.

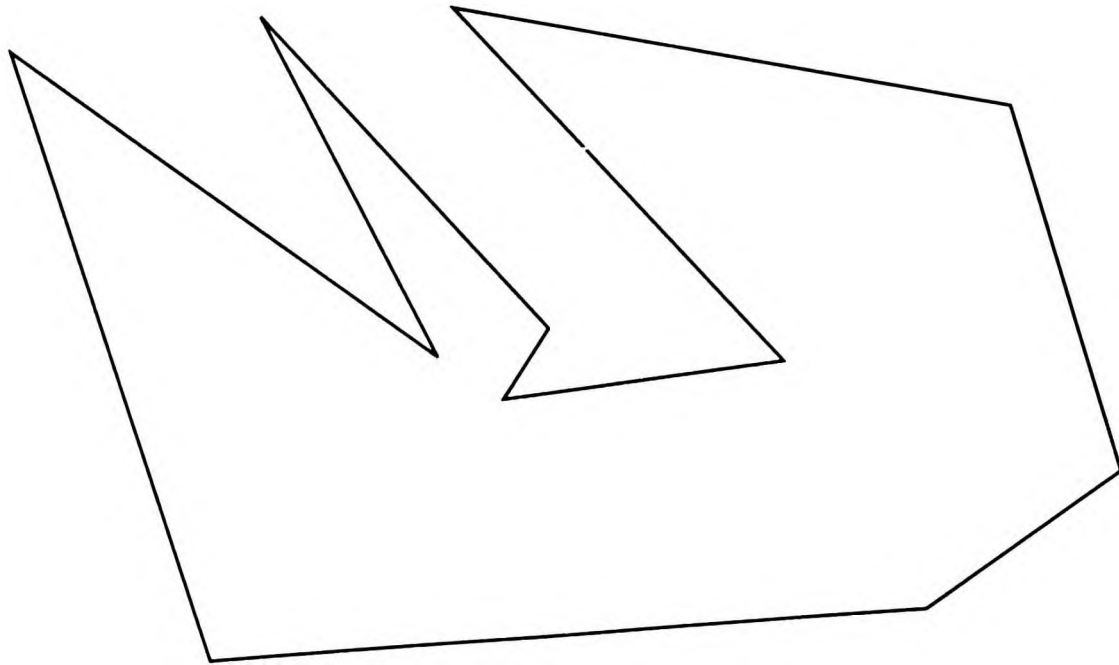
**Other patterns to consider:** Brutality, Chemical Imbalance, Feeling At Ease, Negativity, Spleen, Sudden High Fever, Traumatic Events.



## ***Alcoholism***

Alcoholism is both a mental and physical illness. The primary cause is past life energies of: alcoholism, hate of God, hate of life, hate of self, failure, depression, suicide, self-punishment, self-limitation and self-destruction.

**Other patterns to consider:** Chemical Imbalance, Harried, Liver Treatment, Rejuvenation, Stress, Traumatic Events, Worrying.



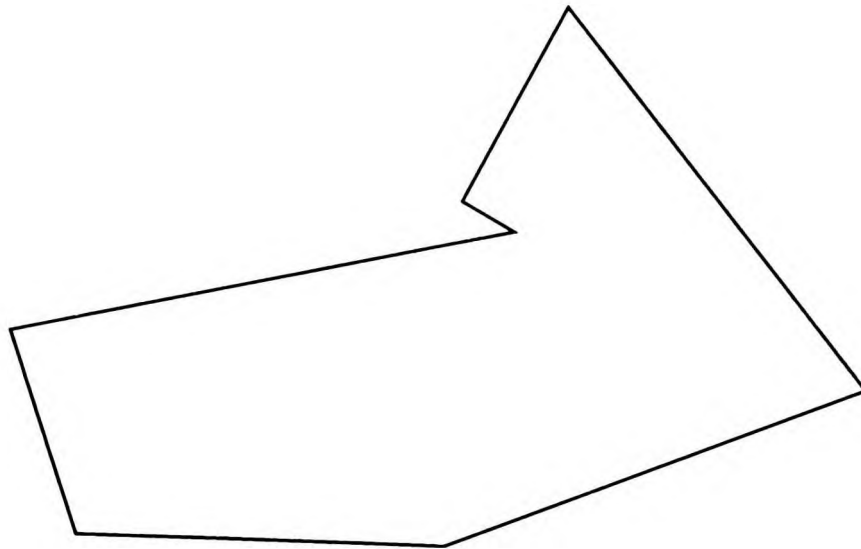
## ***Allergies***

The major past life cause of allergies is dying in circumstances that are related to the allergen. An allergy to grass pollens is caused by dying in a prairie fire or by starving to death on a prairie. Allergies to tree pollens are caused by death in a forest fire. Since our minds consider a house cat and a jungle cat to both be cats, allergies to cats of any kind are caused by death due to a jungle cat. Likewise, allergies to dogs are caused by death due to dogs or wolves.

I have encountered a number of cases where the failure of a wheat crop in a past life and the resulting death by starvation has been the cause of an allergic reaction to wheat products. In the past life, the person made a statement to the effect that they would never again have anything to do with wheat. The soul registers that statement and sets up an allergy to keep them from having anything to do with wheat. Clearing the past life energies will stop the allergic reaction.

When you cannot clear the past life causes of allergies, use the pattern below. This is one pattern that you may need to carry with you and use several times a day.

**Other patterns to consider:** Addictive Habits, Cigarette Craving, Error, Fearfulness, Hangover, Hysteria, Over-Stimulation, Pollution Protection, Rejuvenation, Traumatic Events.



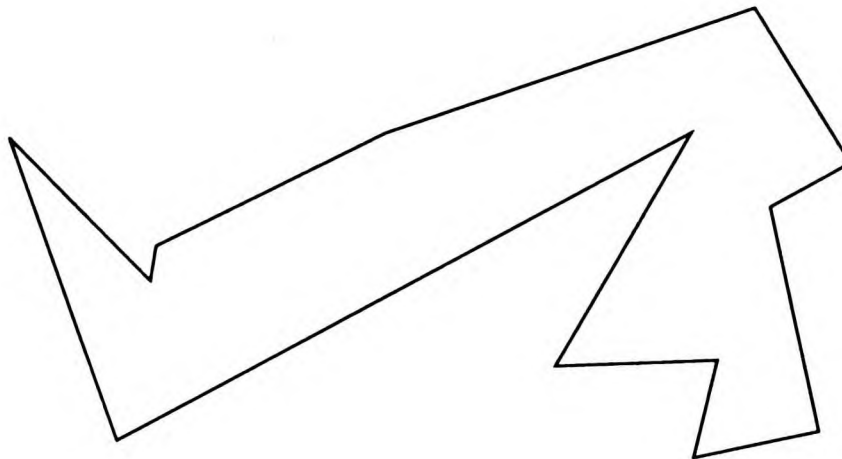


## ***Aneurysm of the Great Vessels***

The major past life cause of aneurysms is hate of life or hate of self. These energies, carried over from past lives, can cause death or near death through a stroke. You can ask High Self if you have pre-planned an aneurysm or if there is any weakness in the great vessels. If so, you can use this pattern to strengthen the vessels.

The past life energies can also be cleared. Just ask your High Self if any past life energies are involved. If there are, ask that they be cleared. Once past life energies are cleared, the healing will be more pronounced and beneficial. Clearing past life energies may also strengthen the great vessels and stop future aneurysms from occurring.

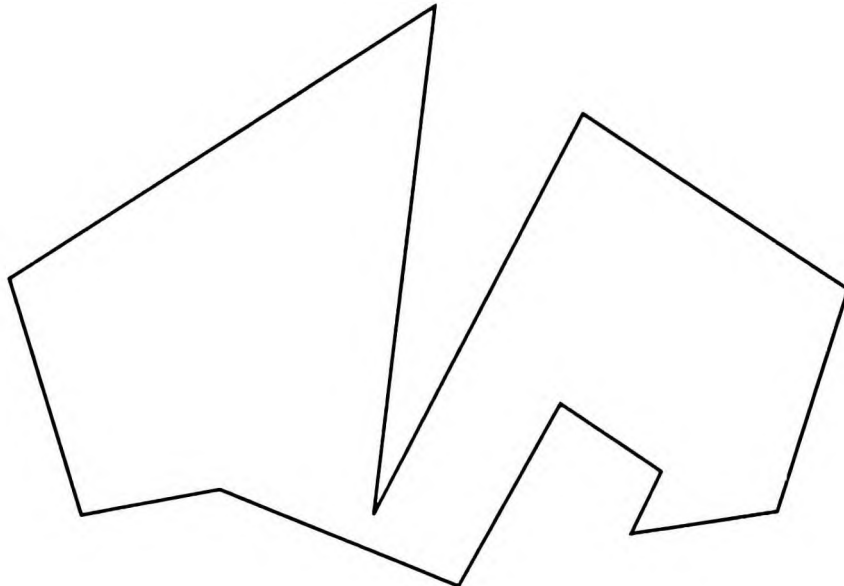
**Other patterns to consider:** Arteries of the Heart.



## ***Arteries of the Heart***

Spirit says that the major cause of plaque—a build-up of fatty deposits in the blood vessel lining—is due to the smoke from tobacco. Even if you do not smoke, inhaling smoke caused by others around you can cause a build up of plaque and plaque forms a base for cholesterol to cling to. This pattern can help clear the accumulation of plaque in the arteries.

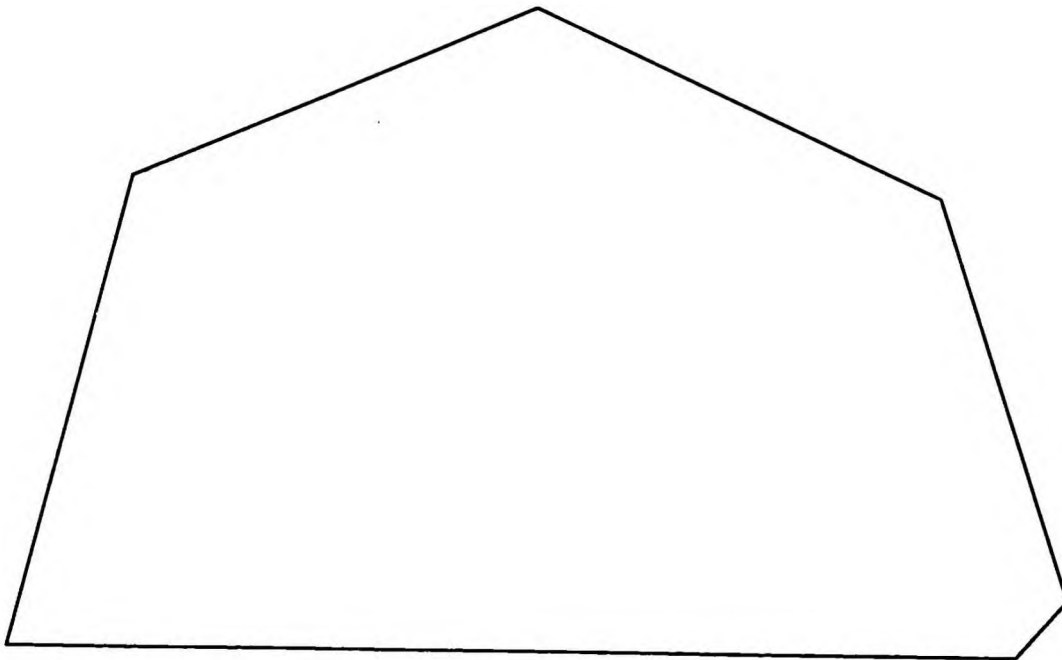
**Other patterns to consider:** Bulimia, Etheric Adjustment, Fearfulness, Negativity, Panic Attacks, Rejuvenation, Stress, Traumatic Events.



## ***Arthritis***

High Self says that one hundred percent of arthritis is caused by carry-over energies from past lives. Injury to self or others is usually involved. The energies are forsaken by God, depression, hate of God, men, women, life and self, health abuse, helplessness, self-destruction, despair, self-punishment, unforgiveness, and an intense desire to experience illness as a form of self-punishment for perceived misdeeds of past lives.

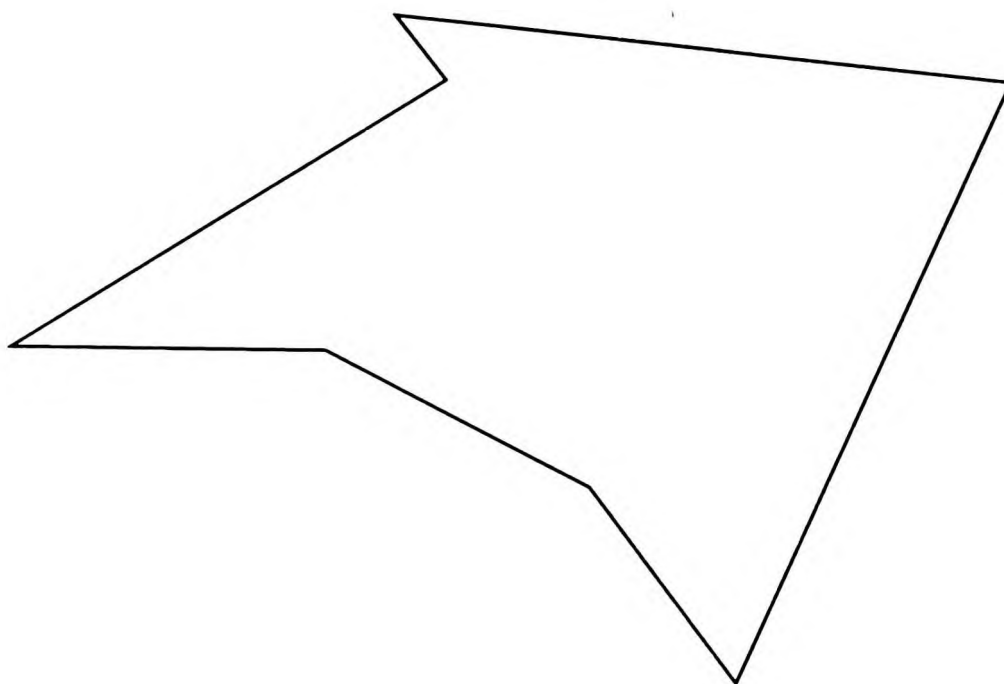
**Other patterns to consider:** Adrenals, Cleansing Mental Confusion, Emotional Abuse, Etheric Adjustment, Hysteria, Lifted Spirits, Opening the Heart, Rejuvenation, Spleen, Thyroid, Traumatic Events.

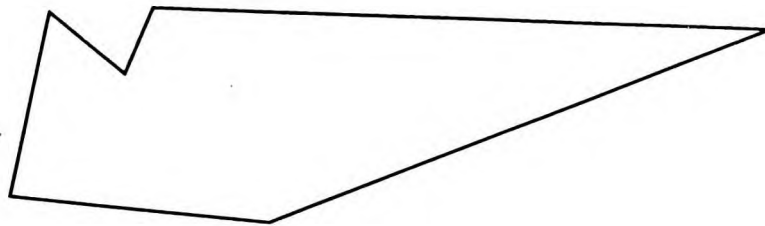


## ***Back Muscle Spasms***

The major carry-over energy from past lives that can cause back muscle spasms is fear. Strain in the current life can also cause spasms. There may be pain due to structural damage, misalignment or improper use of muscles in lifting.

**Other patterns to consider:** Depression, Despondency, Negativity, Panic Attacks, Rejuvenation, Sports Injuries, Stress.

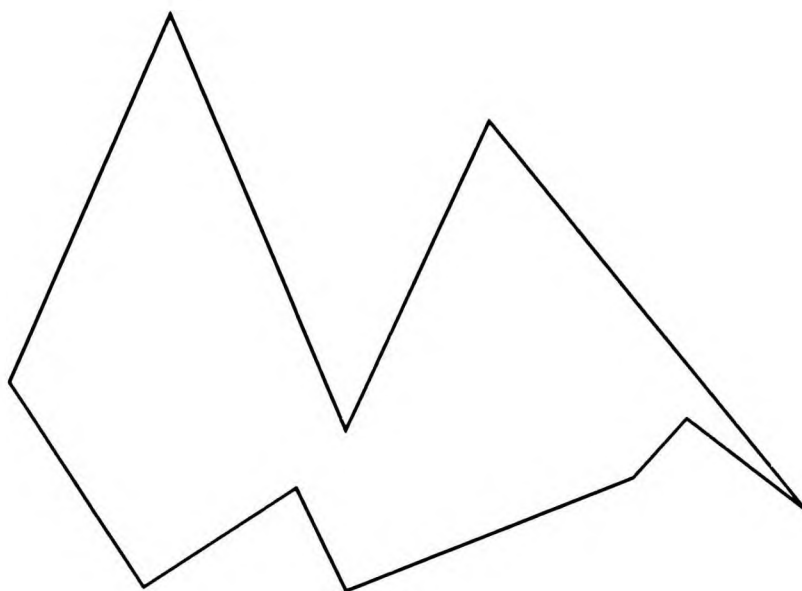




## ***Bacteria***

The major sources of bacteria are the air we breath, contact with other persons or objects and the fresh food we eat. Daily application of the Direct Healing and Colors Chart in Figure 1 can help keep you clear of the bacteria encountered in daily living. High Self says it is important to use this pattern in conjunction with the Direct Healing and Colors Chart when there are serious cases of bacteria poisoning.

**Other patterns to consider:** Arteries of the Heart, Etheric Adjustment, Hysteria, Rejuvenation, Spleen, Toxicity.



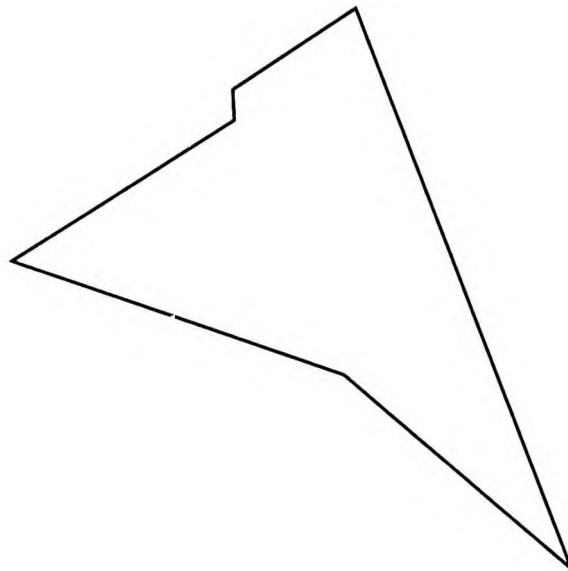
## ***Bee Stings***

Some people get a very strong allergic reaction to bee, wasp or other insect stings or bites which can be very severe, others may have only a slight reaction. This pattern can be used when you get stung by a bee, hornet, yellow jacket or wasp. It will also be of benefit in alleviating the venom of mosquito bites.

Honey bees leave their stinger embedded in the skin with the venom sack still attached. Use your finger nail to scrape the stinger out. Do not squeeze the stinger, as that will inject more venom into the wound.

Start this remedy at once and watch for signs of an allergic reaction. These can include: difficulty in breathing, dizziness, nausea and vomiting, swelling or tightness in the throat or an intense feeling of heat inside. If you have any of these symptoms, or a history of allergic reactions to stings, dial your area emergency number and ask for assistance. Use the pattern for first aid and rest while you are waiting for help.

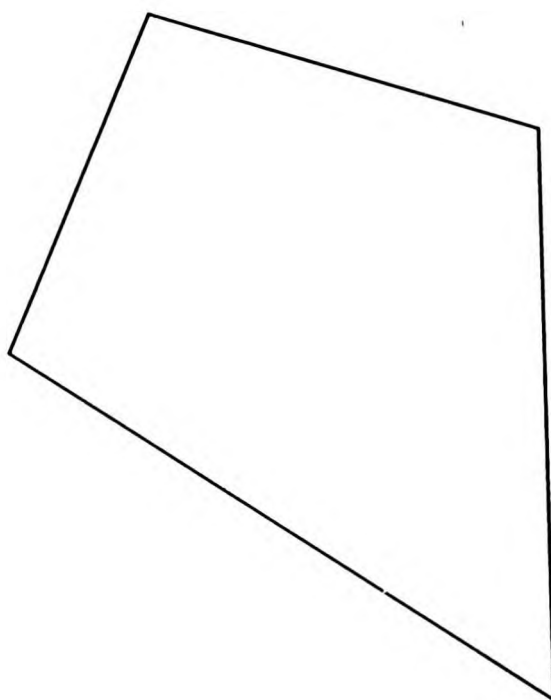
**Other patterns to consider:** Adrenals, Over-Stimulation, Stimulating the Healing Response.





## ***Birthing Process***

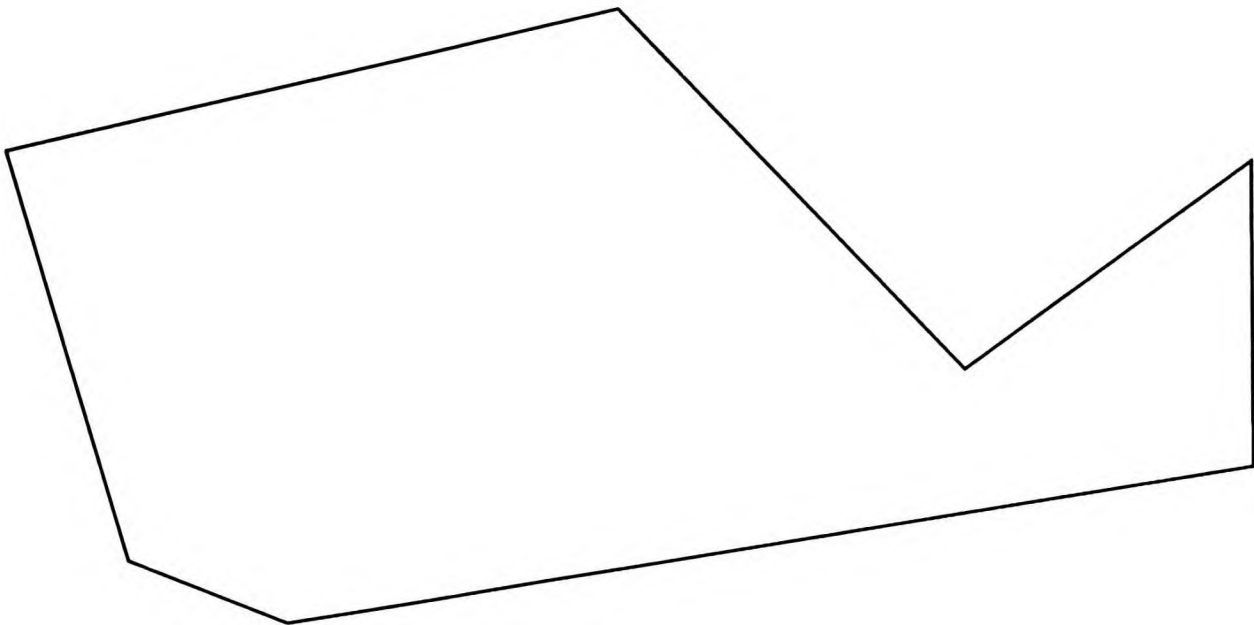
The pregnant woman can use this pattern to make the birthing process easier for herself and for the child. SPIRIT says to start using the pattern in the seventh month. Do it once in the seventh and once in the eighth month. Use the pattern once a week in the ninth month, and once a day for the final week and especially when the delivery process begins – before you leave home or on the way to the hospital. Each time you use the pattern you only need to hold your hand on the pattern for about one minute for it to be spiritually effective.



## ***Blood Pressure, High***

About seventy percent of high blood pressure has its roots in past lives. The other thirty percent is caused by present life tensions and difficulties. The carry-over energies are self-limitation, self-destruction, depression, frustration, hate of life, health abuse and self-punishment.

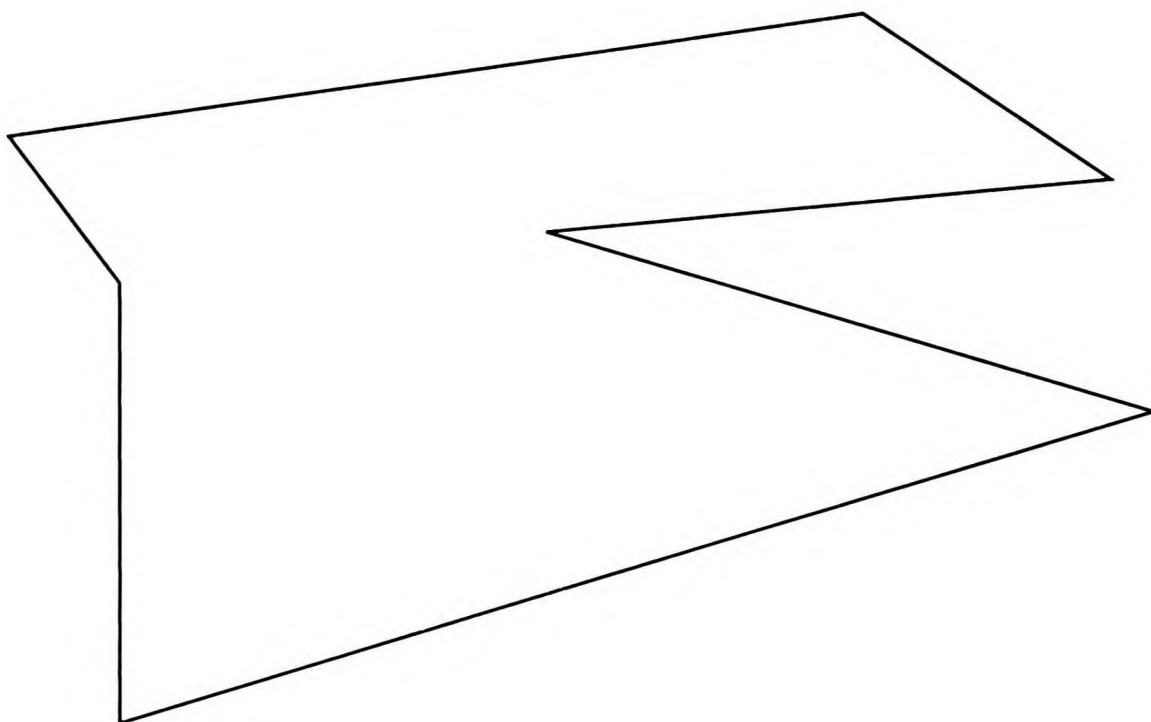
**Other patterns to consider:** Adrenals, Despondency, Endocrine System, Environmental Stress, Fearfulness, Incontinence-Emotional, Regularize Erratic Lifestyle, Stress, Too Keyed Up.



## ***Blood Pressure, Low***

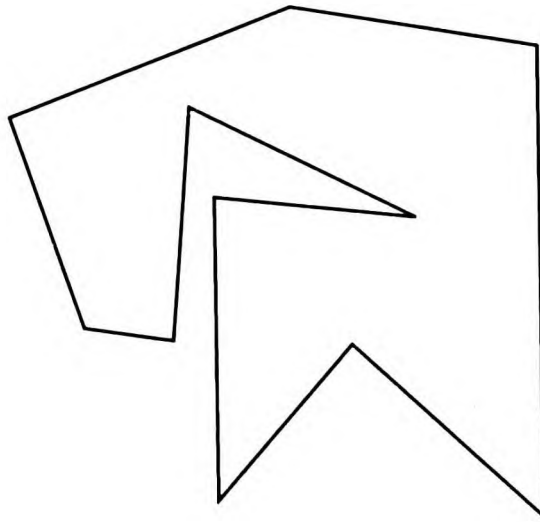
The same basic causes of Blood Pressure, High are applicable for Blood Pressure, Low.

**Other patterns to consider:** Adrenals, Despondency, Endocrine System, Environmental Stress, Fearfulness, Incontinence-Emotional, Regularize Erratic Lifestyle, Stress, Too Keyed Up.



## ***Brain Wave Pattern***

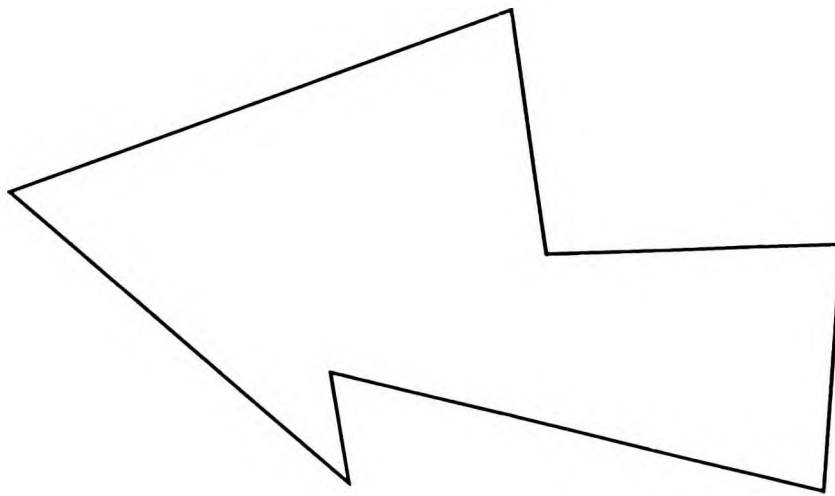
Difficulty in thinking and a sense of confusion may be a result of brain wave patterns that are dysfunctional. It is as though there were a breakdown in the synapses and communication between brain cells and between the left and right hemispheres of the brain. Using this pattern helps establish proper transference of brain wave energy between brain cells and between the left and right hemispheres of the brain.



## ***Bronchial Irritation***

The major past life cause of bronchial irritation is serious harm or death from chemicals such as poison gas used in war or industry. Another cause is death by fire in past lives where you were deliberately burned at the stake for healing or channeling. The major carry-over energies are hate of God, hate of men and hate of women.

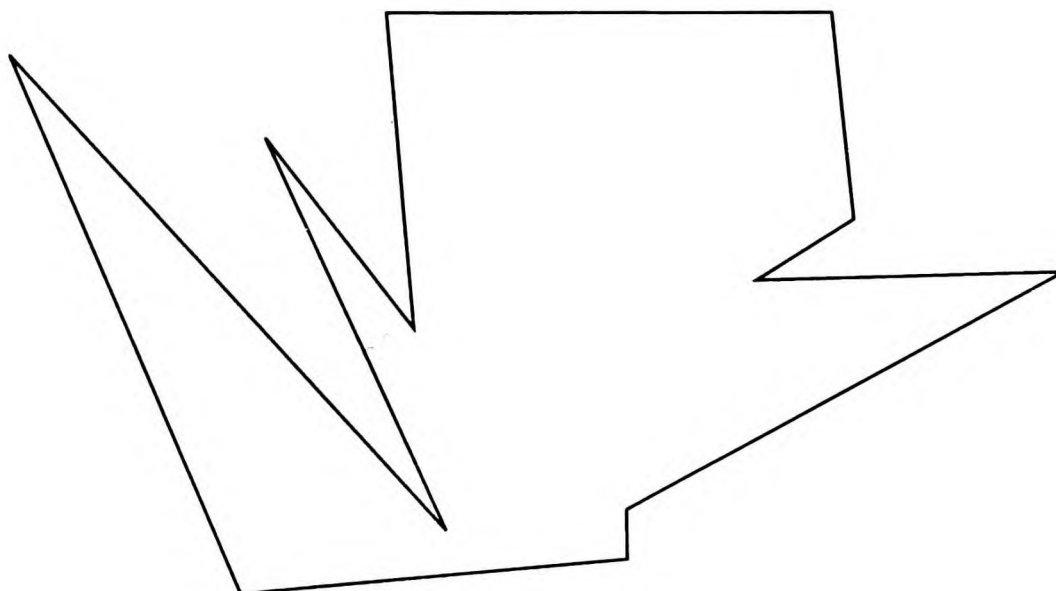
**Other patterns to consider:** Allergies, Energy Boost, First Aid, Panic Attacks, Rejuvenation, Stress.



## ***Brutality***

The accumulation of energy caused by the brutality of another person can be alleviated to some degree by using this pattern. Suffering brutality at the hands of another usually has its roots in past lives. You may have harmed them or others in past lives and believe that by suffering in the present life you can balance the energy. You may have been a slave in many past lives, suffered brutality at the hands of others and thus developed a habit of being mistreated. In any case, it is time to break the pattern and establish freedom in your life. You may have to choose another course of life rather than remain where you are abused mentally, emotionally or physically.

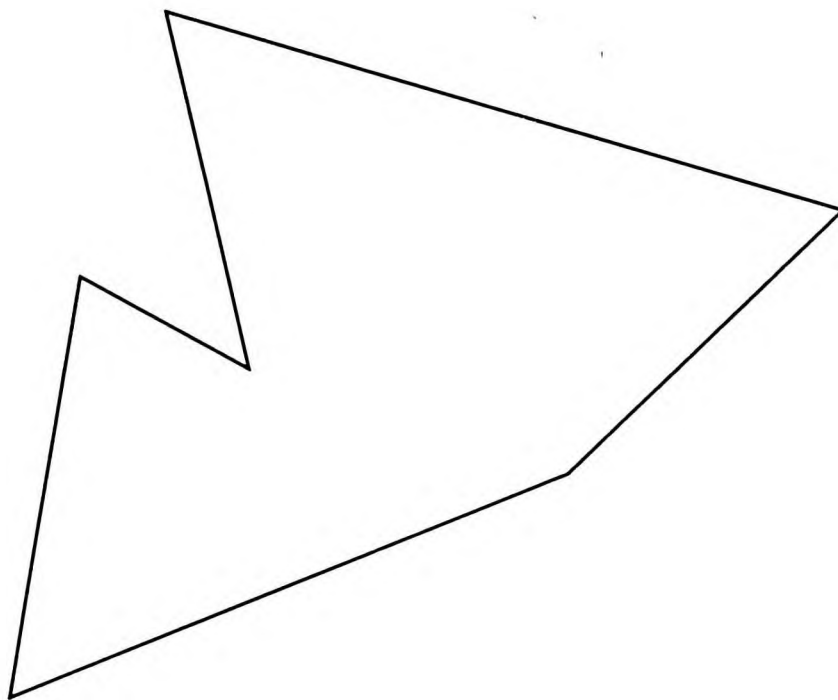
**Other patterns to consider:** Depression, Physical Injury, Rejuvenation, Stress.



## ***Bulimia***

The major cause of bulimia is due to past lives in a culture similar to that of the Roman era where they would gorge on rich foods and then throw up so they could gorge again. They ate not to nourish the body, but for the pleasure of eating—for the taste.

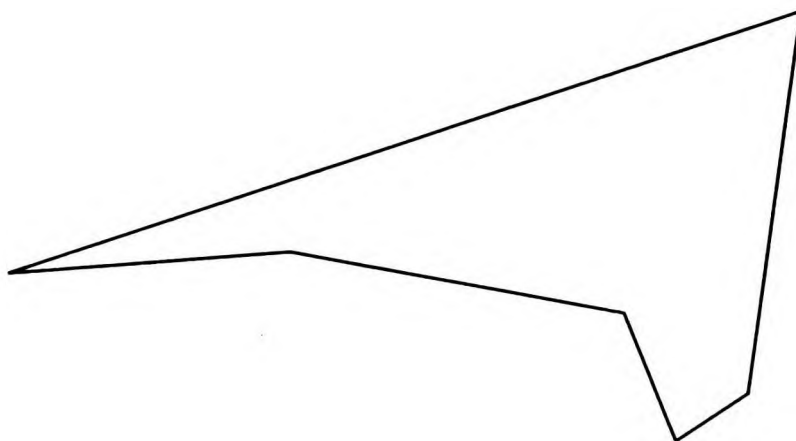
**Other patterns to consider:** Abdominal Cramps, Depression, Environmental Toxicity, Toxicity.





## ***Bunions***

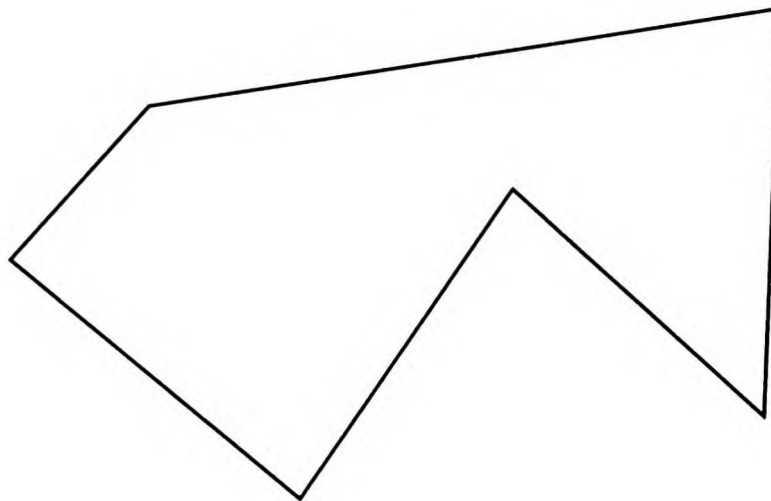
Ask High Self how many treatments are needed each day and continue daily use until the bunions are eliminated. Repeated applications of this pattern during the day and over an extended time period may be needed in the treatment of bunions.



## ***Bursitis***

Torture on the rack or other forms of torture where the body is severely stressed or damaged in past lives is the major cause of bursitis. The energies involved from past lives are hate and health abuse. Asking that the past life energies be cleared assists in bringing about and maintaining the healing.

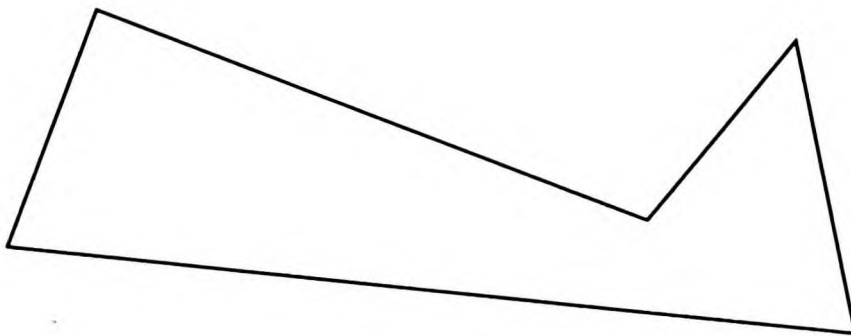
**Other patterns to consider:** Aches, Depression, First Aid, Nerve Injuries, Opening the Heart, Rheumatism, Stress.



## ***Business Pressure***

Business pressure may lead to fatigue or digestive and other physical problems. Unless relieved, they may eventually cause stomach ulcers, nervous breakdown or other psychosomatic symptoms.

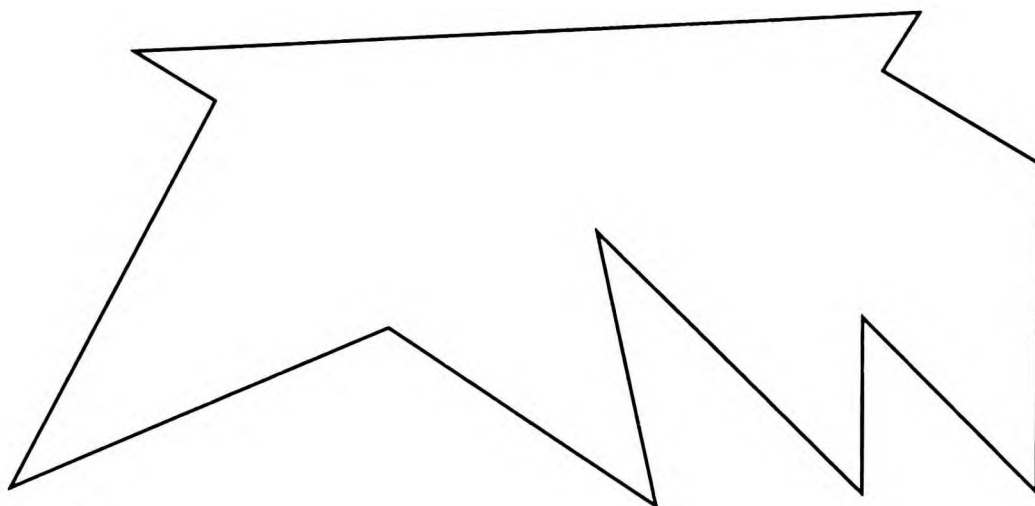
**Other patterns to consider:** Brutality, Depression, Environmental Sensitivity, Lifted Spirits, Plaintive, Rejuvenation, Too Keyed Up.



## ***Carpal Tunnel Syndrome***

The primary past life cause of this condition is having your hand or hands cut off for stealing food to feed your starving family. The primary energies are: hate of men, hate of women, bitterness, cruelty by others and self-punishment. Carpal tunnel syndrome can also be caused by improper positioning of the hands and wrists while engaged in work that requires frequent, repeated motions such as typing or computer work.

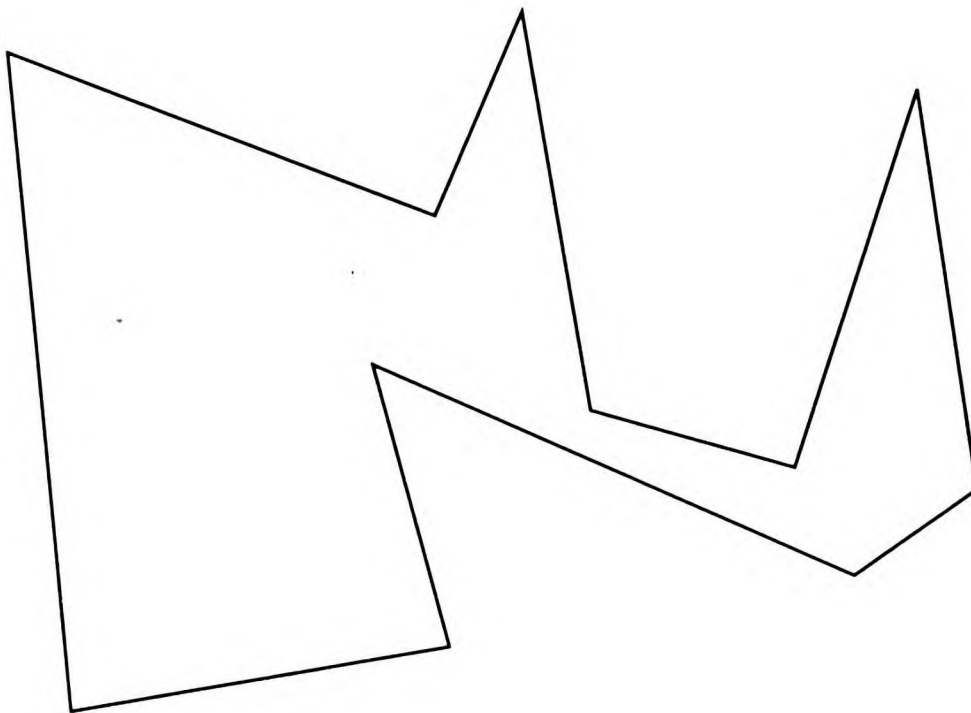
**Other patterns to consider:** Energy Boost, Lifted Spirits, Regularize Erratic Lifestyle, Spleen, Tendonitis.



## ***Cartilage-Arms and Shoulders***

The usual past life cause of problems with cartilage in the arms and shoulders is the energies accumulated by being tortured on the rack, or hung up and heavy weights put on your feet to stretch you, and/or being crucified. The same energies as for Cartilage-Knees and Feet apply here.

**Other patterns to consider:** Energy Boost, Joint Injuries, Pain, Rheumatism, Too Keyed Up.

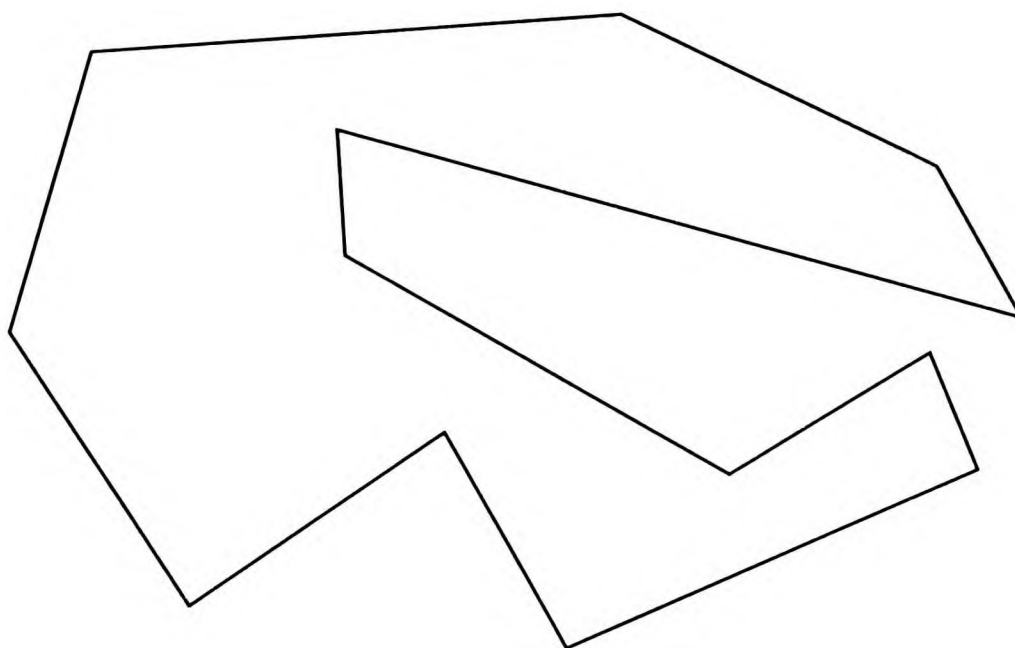


## ***Cartilage-Knees and Feet***

Difficulties in these areas usually have their root causes in past lives where injuries occurred and strong discordant energies accumulated. Those energies may be: hate of men, hate of women, hate of God, hate, anger at God, helplessness and doom. It is not unusual for these energies to be established because you were working with your High Self—healing, teaching or channeling—and were tortured and killed because of your spiritual connection.

This pattern can be used to strengthen the cartilage in the knees, toes, arches and ankles. You can also check with High Self to see if you need additional calcium with magnesium.

**Other patterns to consider:** Energy Boost, Joint Injuries, Pain, Rheumatism, Too Keyed Up.



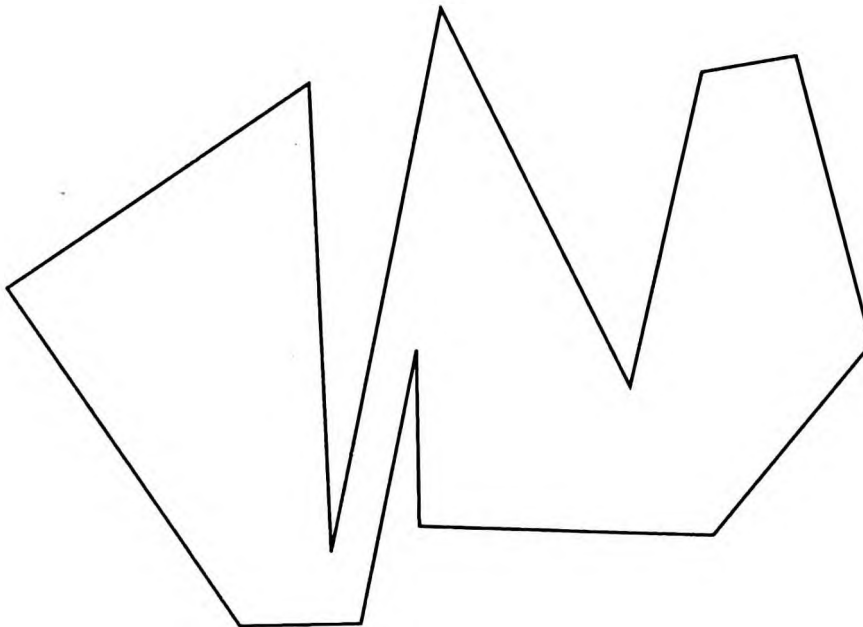


## ***Chemical Imbalance***

The major past life reason for chemical imbalance is the energies of doom, guilt, doubt of God and self-limitation. Ask that all past lives involving these energies be cleared and replaced with positive energies.

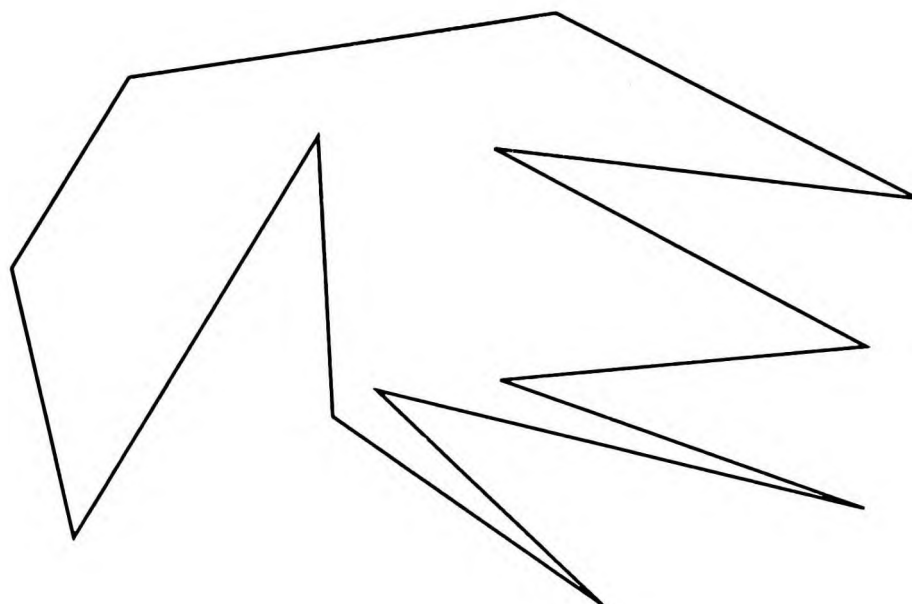
One of the reasons for schizophrenia is chemical imbalance.

**Other patterns to consider:** Chronic Headache, Energy Balancing, Etheric Adjustment, First Aid, Over-Stimulation, Rheumatism, Too Keyed Up.



## ***Chlamydia***

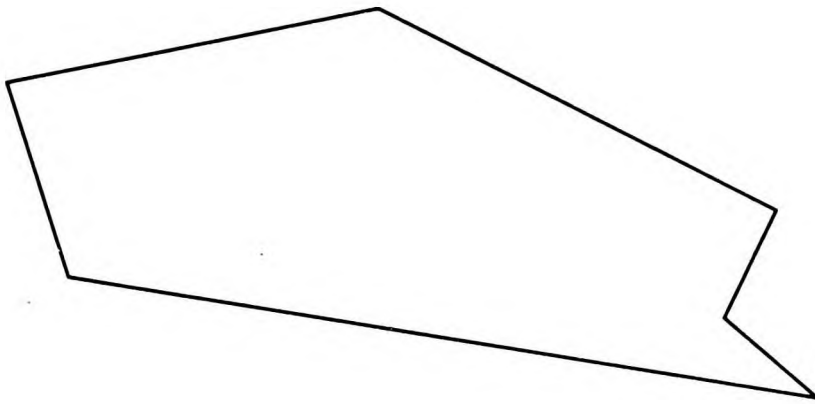
Chlamydia are bacteria found in sexually transmitted diseases. The bacterial waste products can cause heart disease and nodules under the skin called arathema nodosum. Several treatments with this pattern may be needed to clear the bacteria and the waste products from the body. Application of the Direct Healing and Colors Chart in Figure 1 is also of benefit in healing this problem.



## ***Chronic Headache***

Tension and stress can cause headaches. Instead of Chronic Headache you may be directed to Tension Headache, Throbbing Headache, Addictive Habits or Toxicity.

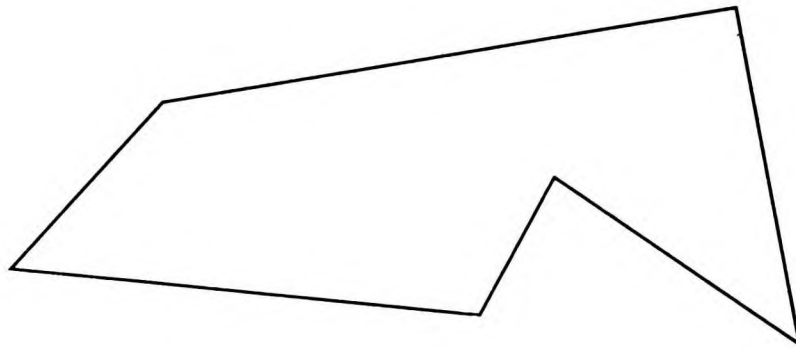
**Other patterns to consider:** Brutality, Depression, Error, Negativity, Regularize Erratic Lifestyle, Traumatic Events.



## ***Cigarette Craving***

Past life energies of self-punishment and self-limitation can cause a person to start smoking or become involved in other forms of punishment or limitation. Another past life cause stems from believing, as an American Indian, that smoking the peace pipe is the way to contact the Great Spirit. Greek Orthodox Christians use the censor because they believe that the smoke of the incense carries the prayers to God. Smoking is highly toxic to the human body and the pattern for Toxicity is also important in the treatment of cigarette craving.

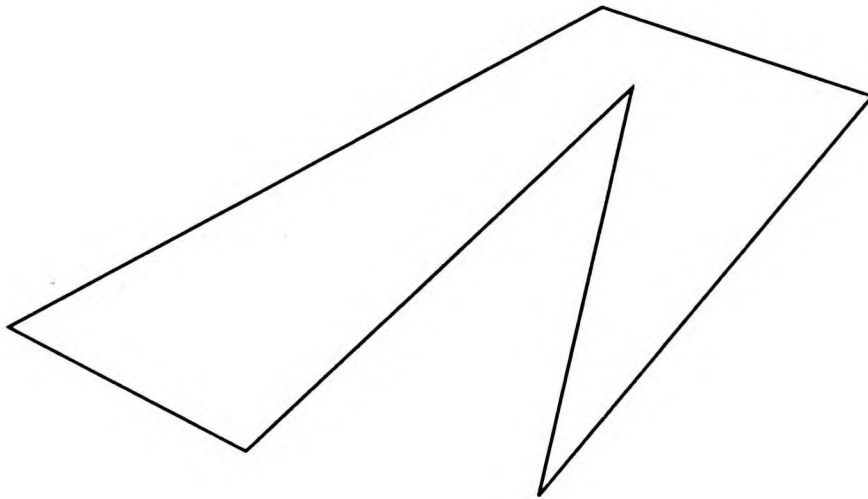
**Other patterns to consider:** Cleansing Mental Confusion, Feeling At Ease, Over-Stimulation, Spleen, Too Keyed Up, Toxicity.



## ***Cleansing Emotional Confusion***

Emotional confusion can sometimes be a result of energy carried over from past lives in which there has been a conviction of mental problems. The person may have been convinced by another person that they were insane, thus causing intense mental illness.

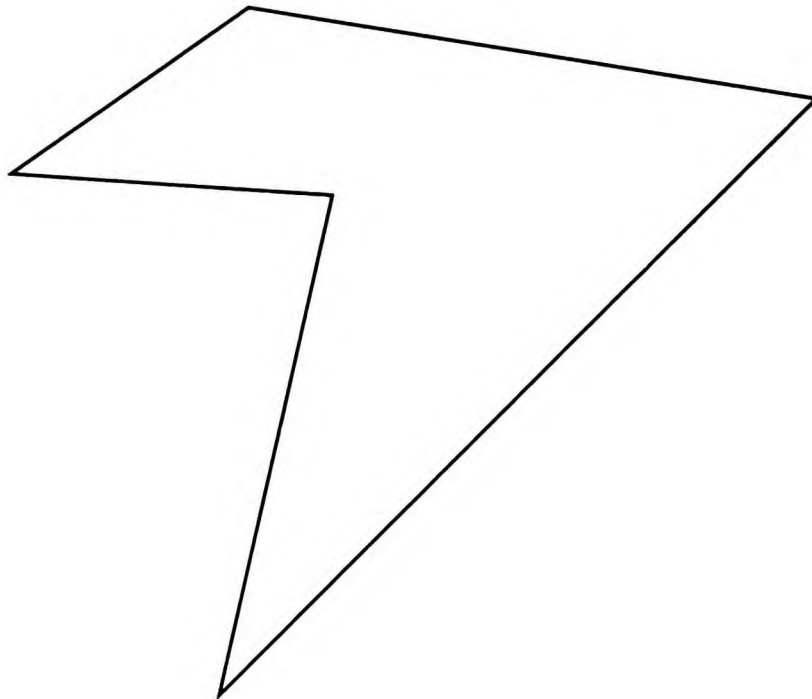
**Other patterns to consider:** Addictive Habits, Depression, Etheric Adjustment, Inner Strength, Negativity, Regularize Erratic Lifestyle, Too Keyed Up.



## ***Cleansing Mental Confusion***

Mental confusion can simply be a result of the normal, everyday activities of life.

**Other patterns to consider:** Brutality, Environmental Stress, Objectivity, Resistance, Traumatic Events.

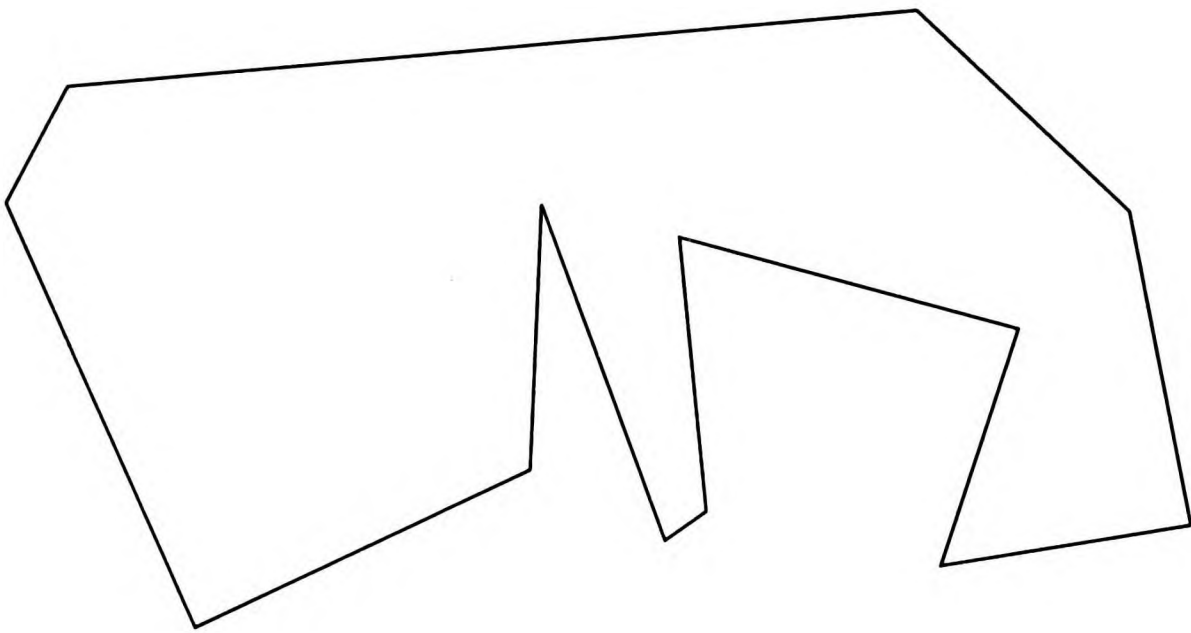




## ***Cold Preventative***

When you feel like you are coming down with a cold, this is a very helpful pattern to use.

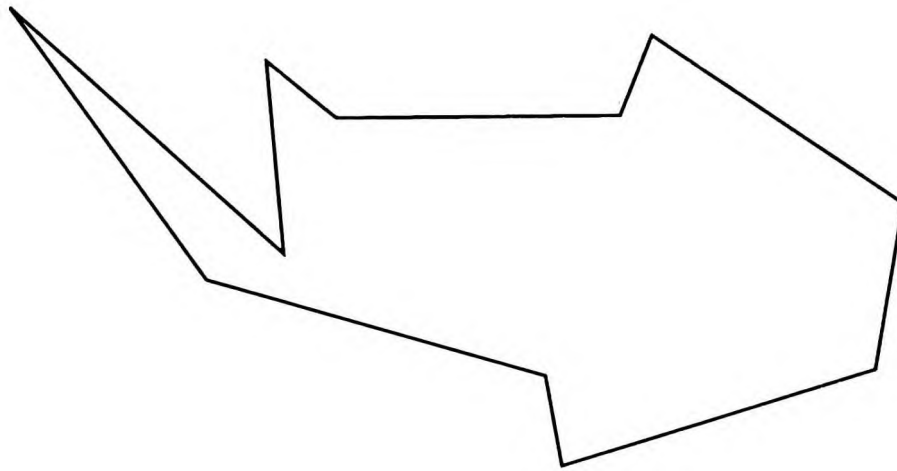
**Other patterns to consider:** Aches, Bronchial Irritation, Cleansing Mental Confusion, Environmental Toxicity, Flu, Over-Stimulation, Rejuvenation, Sore Throat, Stimulating the Healing Response, Toxicity.



## ***Cold Remedy***

If the cold is already well established, use this pattern.

**Other patterns to consider:** Cleansing Mental Confusion, Environmental Stress, Fearfulness, Persistent Cough, Rejuvenation, Sore Throat, Stimulating the Healing Response, Toxicity.

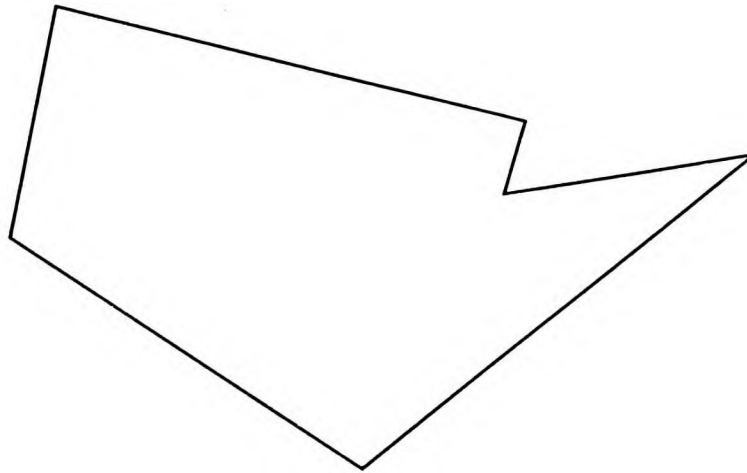


## ***Constipation***

Past life energies of hate, anger, hate of life and hate of men or God can cause constipation. This usually has to do with past life torture where a red hot iron is thrust into the rectum. This form of torture can also cause colon cancer, tumors or diverticulitis. Such past life programs can be triggered when you reach a certain age, when you experience a similar scene or by a person who may have been involved in the past life.

Constipation can also be caused by a disruption of the body's physiological rhythms due to stress, changes in eating habits or schedule or by the quality or content of the food and liquids you drink. Constipation can also be caused by traveling which can break the normal schedule of bowel movements.

**Other patterns to consider:** Indigestion, Toxicity.

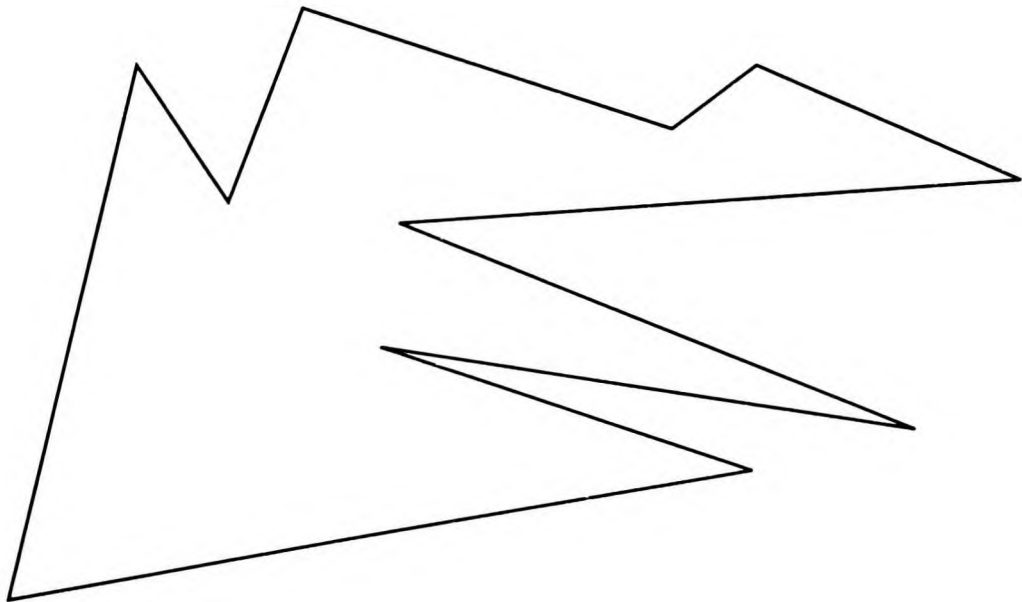


## ***Cranial Adjustment***

Misalignment of the cranial plates can cause physical and emotional symptoms and illness. Misalignment always takes place at birth. SPIRIT says every child should be checked for cranial adjustment between four and eight weeks of age. Ninety-seven percent of all humans on this planet could benefit by such an alignment. Highly trained and skilled persons should do this only. The therapist should also be centered in SPIRIT.

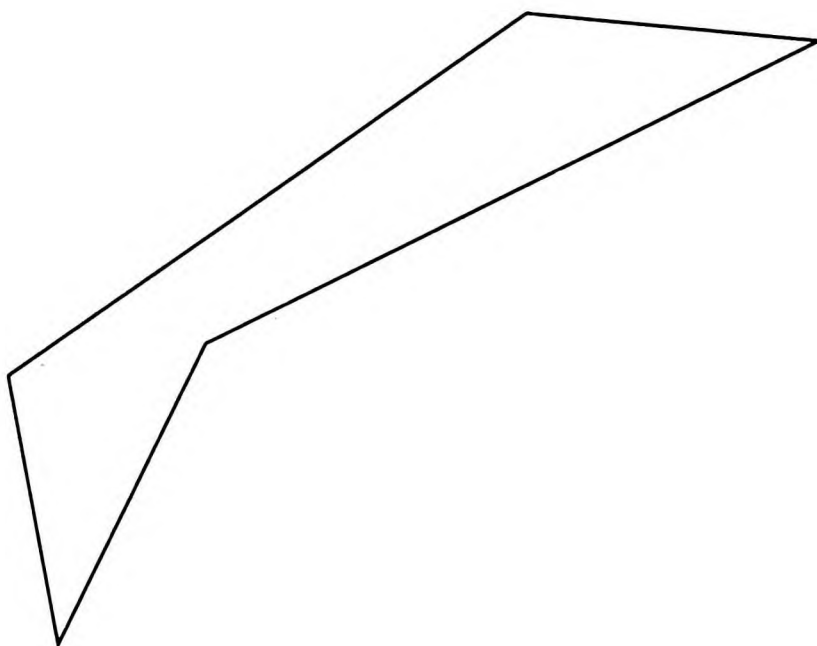
Misaligned cranial plates can contribute to ear, eye, throat and jaw problems. It is the major cause of manic depression and can be a factor in other forms of depression.

**Other patterns to consider:** Joint Injuries, Operations, Healing Assist, Religiosity.



## ***Cysts***

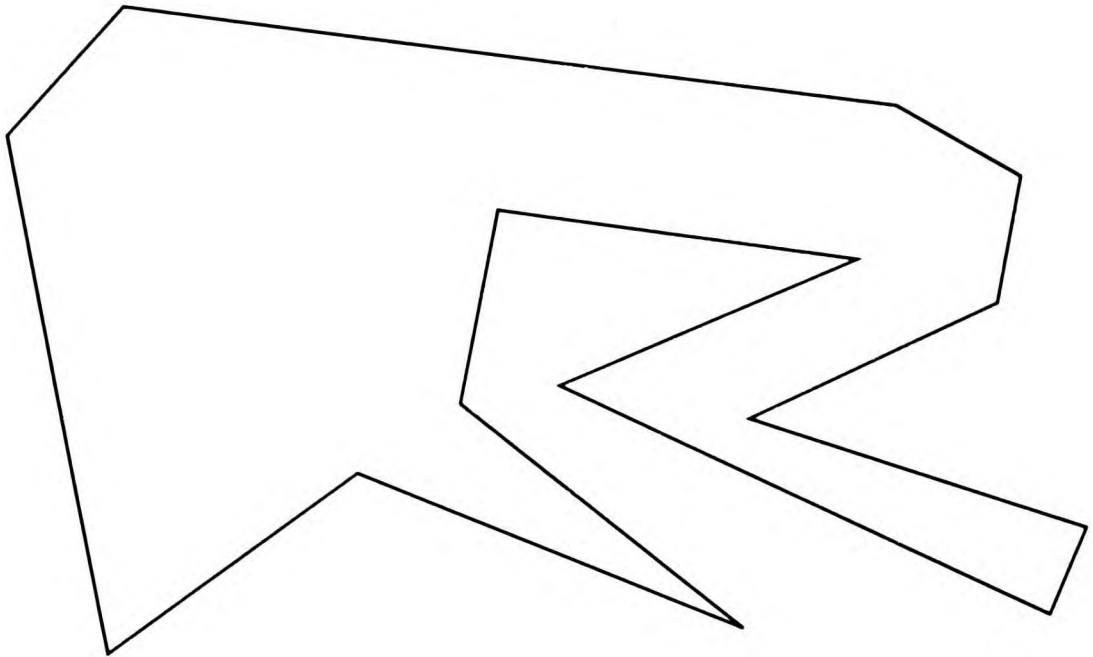
Uterine cysts are caused by the energies involved in past life torture. The major energies are hate of God, men and women in regard to those who tortured you or who caused you to be tortured for channeling. Cysts can also be caused by present life injuries or chemical imbalance. Also, when treating cysts, use the healing pattern for Chemical Imbalance.



## ***Dalliance***

High Self says this involves stubbornness, procrastination, hesitation and refusal to change. It has its roots in past lives and involves the energies of: fear, hate of life, hate of self, helplessness, failure, despair, apathy and escapism.

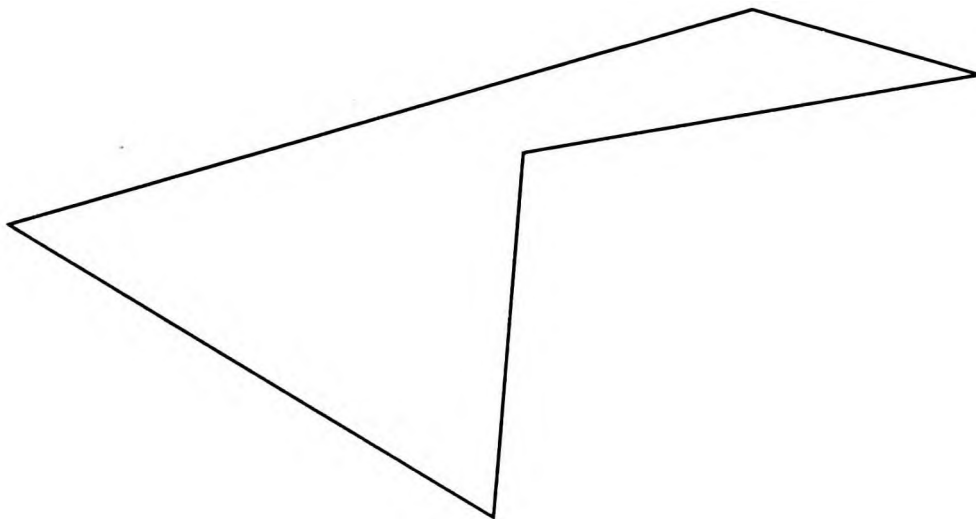
**Other patterns to consider:** Energy Boost, Inner Strength, Stress.



## ***Depression***

The causes of depression are many and varied. Depression can be triggered by disruption in daily schedules, overwork, family or other relationship problems, chemical imbalance and past life programs. Depression can also become a habit that can become very strong. Like any other habit it takes will power, effort and dedication to break the habit. The major energies carried over from past lives are depression and self-punishment. Ask if using the pattern for chemical imbalance would also be beneficial.

**Other patterns to consider:** Adrenals, Business Pressure, Environmental Stress, Feeling At Ease, Feeling At Home In Your Body, Moodiness, Panic Attacks, Stress.

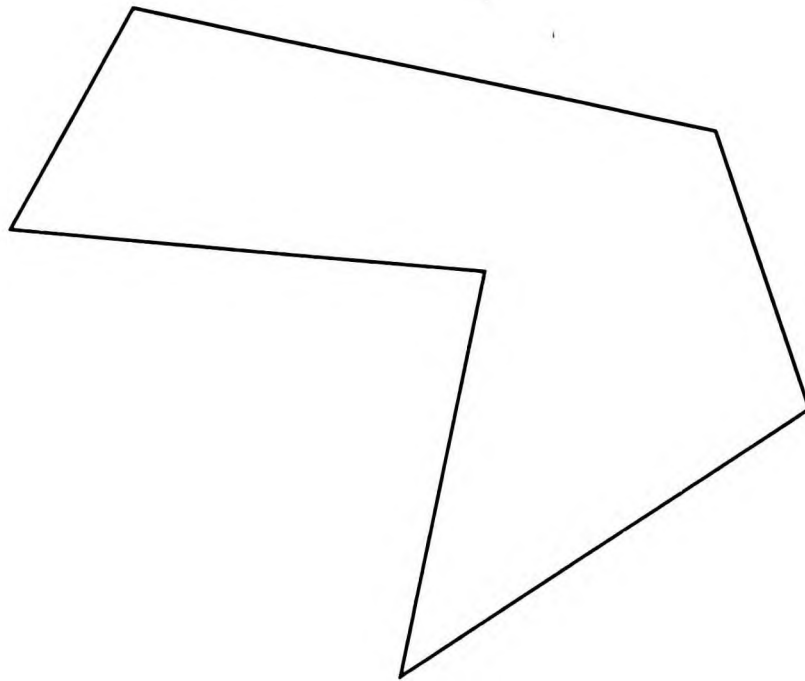




## ***Despondency***

Past life energies of failure, hate of life, hate of self, or spiritual suicide can cause despondency. Spiritual suicide is a belief that you have cut yourself off from Spirit or God. Of course despondency can also be a choice and can become a habit that is difficult to break.

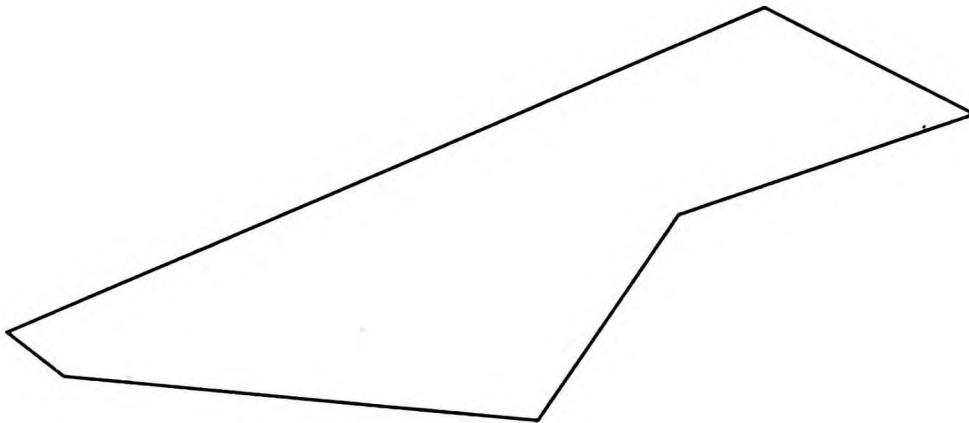
**Other patterns to consider:** Fearfulness, Lifted Spirits.



## ***Diarrhea***

Diarrhea can be caused by parasites or bacteria or ingesting foods to which the body is allergic.

**Other patterns to consider:** Chemical Imbalance, Stimulating the Healing Response, Toxicity.



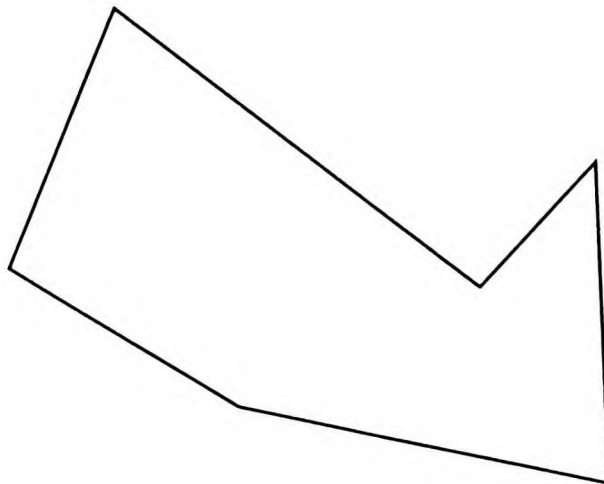
## ***Earache***

A common past life cause may be a fear of hearing God which resulted from being killed for channeling. Sometimes, High Self reveals lives where torture is involved with the ears.

Possible present life causes are swimming, exposure to cold weather, flying, ascending or descending elevations while driving in the mountains or with the onset of a cold.

The symptoms may include pain, a feeling of fullness or blockage or a decrease in hearing.

**Other patterns to consider:** Energy Balancing, First Aid, Jet Lag, Pain.



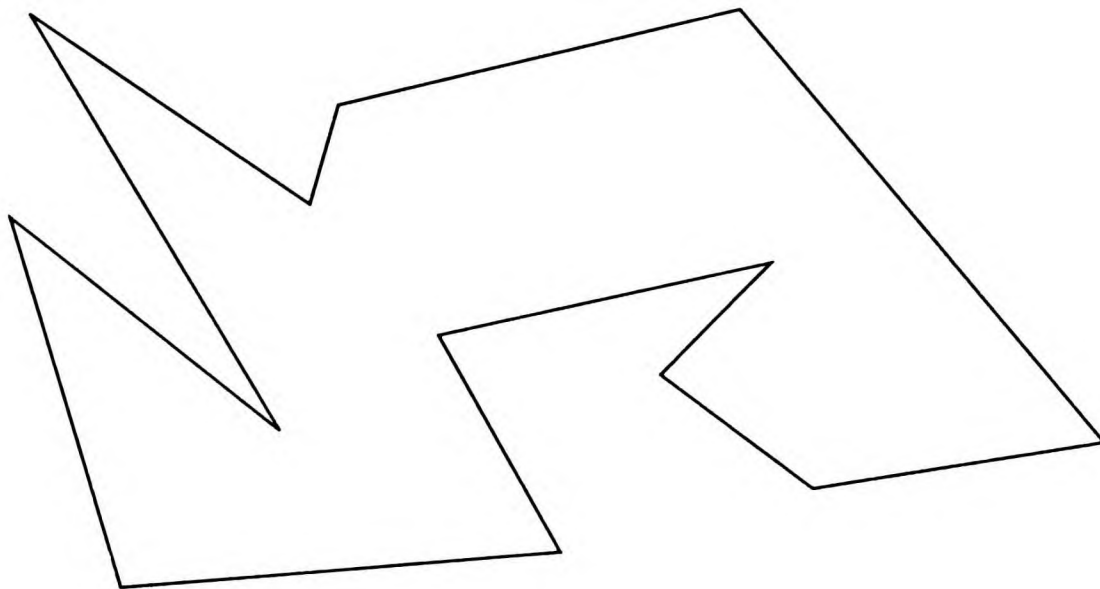
## ***Ears***

All ear problems have their roots in past lives. People have been killed or tortured in past lives because they developed their spiritual potential and began to use their inner senses of sight, sound and feeling. Just as Jesus heard and responded to the voice of what he called the Father within, so others have tuned into the inner voice of SPIRIT. When this happens, the church is the first to judge and condemn the person as evil, sinful or being of the Devil.

I have seen internal pictures of past lives where a person has had molten metal poured into their ears because they claimed to hear the voice of God. The purpose of any religion or church should be to bring the individual to spiritual awareness and manifestation of their spiritual gifts. But woe unto the person who does so – torture and death can be their reward.

The energies as a result of past lives are: fear of becoming spiritually attuned and hearing God, guilt for listening to SPIRIT, hate of men and women because of the condemnation, torture and death, or mental, emotional and physical abuse, terror, cruelty and escapism.

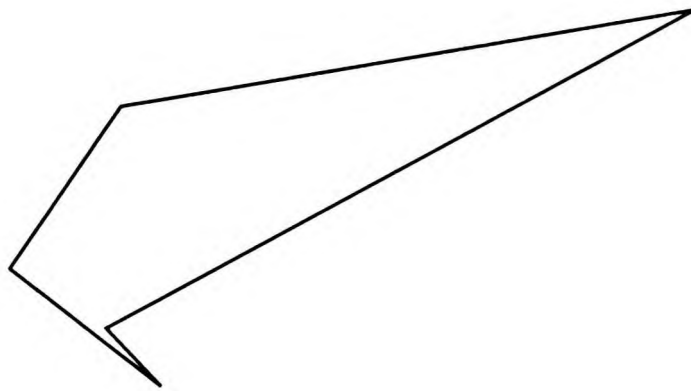
**Other patterns to consider:** Chemical Imbalance, Etheric Adjustment, Fearfulness, Lifted Spirits, Toxicity.



## ***Eczema***

Past life causes are: death by fire, torture by fire or other forms of skin irritants, chemical warfare, serious injury due to volcanic eruptions or burns from an oil fire on the surface of the water from the ruptured fuel compartments of a sinking ship.

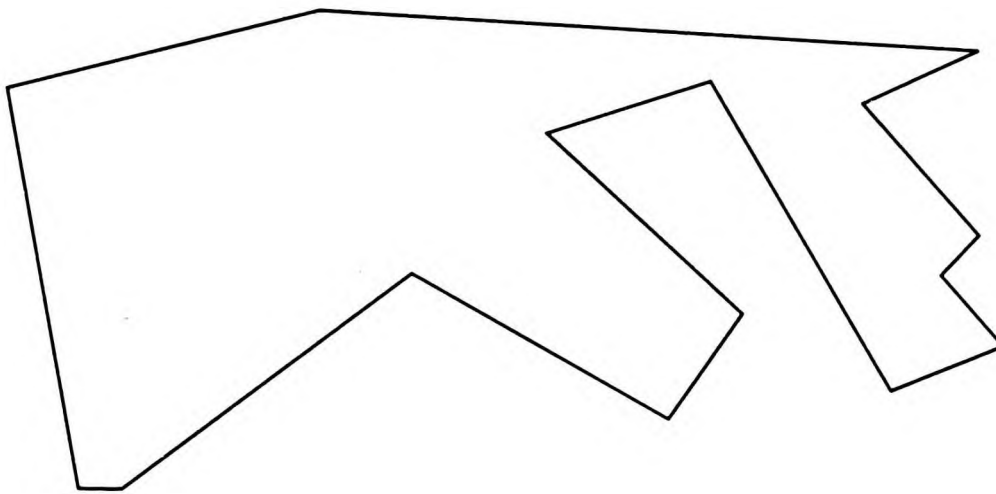
**Other patterns to consider:** Adrenals, Bacteria, Fearfulness, Inner Strength, Negativity, Rejuvenation, Skin Relief, Too Keyed Up.



## ***Emotional Abuse***

Emotional abuse by self or others can cause all sorts of toxic reactions in the body. Using this pattern is an excellent way to alleviate the toxic symptoms without the use of drugs.

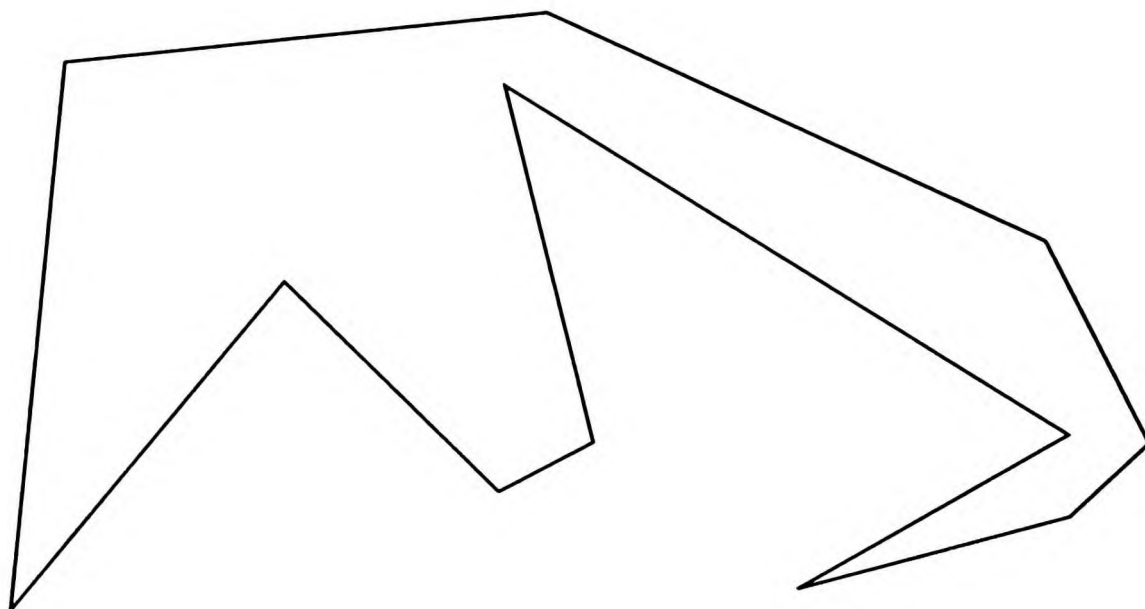
**Other patterns to consider:** Environmental Stress, Manipulative, Plaintive, Resistance, Tension Headache, Traumatic Events.



## ***Endocrine System***

Endocrine system blocks can be due to discordant energy accumulated in the current life, but it is primarily due to past life energies. The energies are: fatigue, frustration, anger, hate, helplessness, depression, self-punishment, self-destruction, guilt, failure, spiritual suicide, doubt of life and doom.

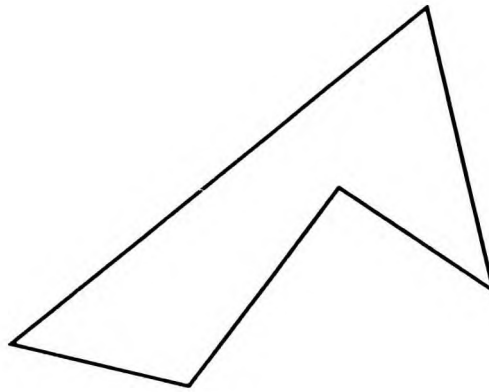
**Other patterns to consider:** Energy Boost, Lifted Spirits, Sniveling, Stimulating the Healing Response.



## ***Energy Balancing***

Symptoms which may improve with the use of this pattern are: feeling tired, distraught or frazzled.

**Other patterns to consider:** Energy Boost.

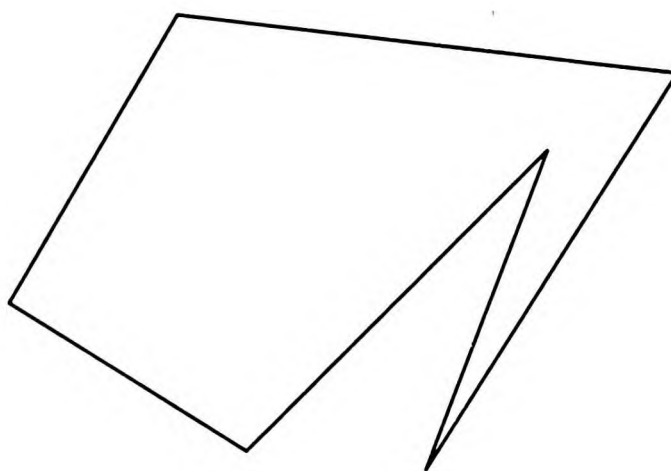




## ***Energy Boost***

Causes of low energy may be overwork, poor diet, not drinking enough liquids or drinking the wrong kind of liquids or discordant thoughts and emotions. Symptoms are feeling tired, drained, distraught, or listless.

**Other patterns to consider:** Business Pressure, Depression, Etheric Adjustment, Fatigue, Panic Attacks.

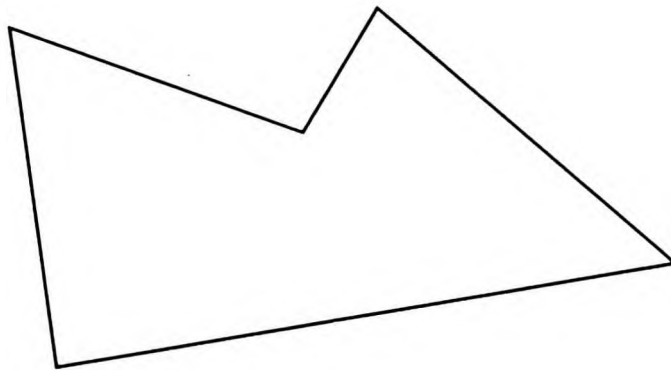


## ***Environmental Sensitivity***

The major past life cause is the energy of fear due to chemical warfare. Also involved are diseases caused by the use or misuse of chemicals and air pollution.

Environmental stress can also be the result of excessive noise, bad odors, poor lighting, chemicals in your working or home environment, infectious germs, and discordant thoughts and emotions of your own design or projected at you by others. Other people's discordant thoughts and emotions affect you only to the degree that you buy into them mentally and emotionally.

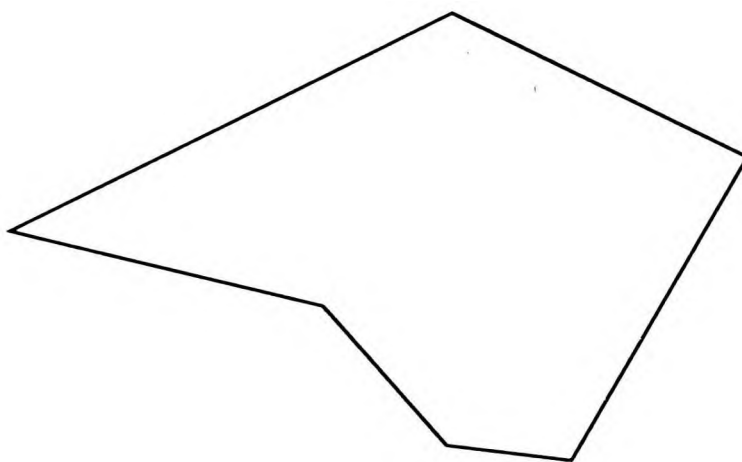
**Other patterns to consider:** Environmental Stress, Fearfulness, Stimulating the Healing Response, Stress.



## ***Environmental Stress***

This is caused by mental, emotional and physical toxicity involving the belief that you are environmentally sensitive.

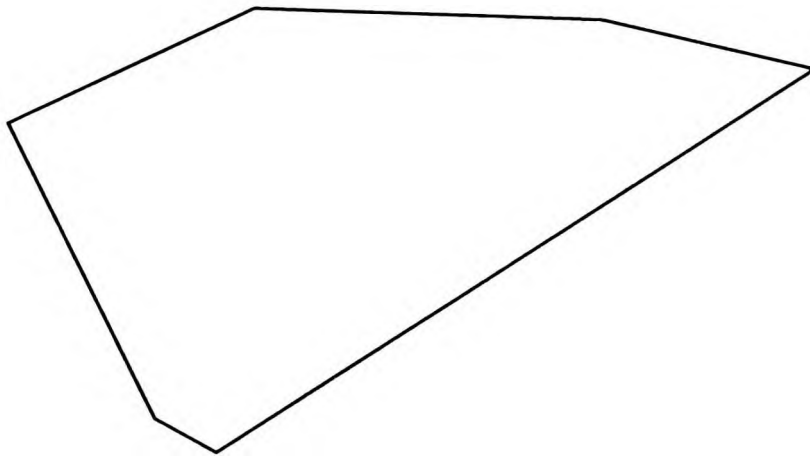
**Other patterns to consider:** Negativity, Toxicity.



## ***Environmental Toxicity***

Environmental toxicity (a reaction to environmental chemicals and other pollutants) often results from exposure to chemical warfare in past lives, chemical fires or death due to working with chemicals. The energies are fear, anger, bitterness, guilt, hate of life, hate of self, helplessness, hate, alcoholism and self-destruction.

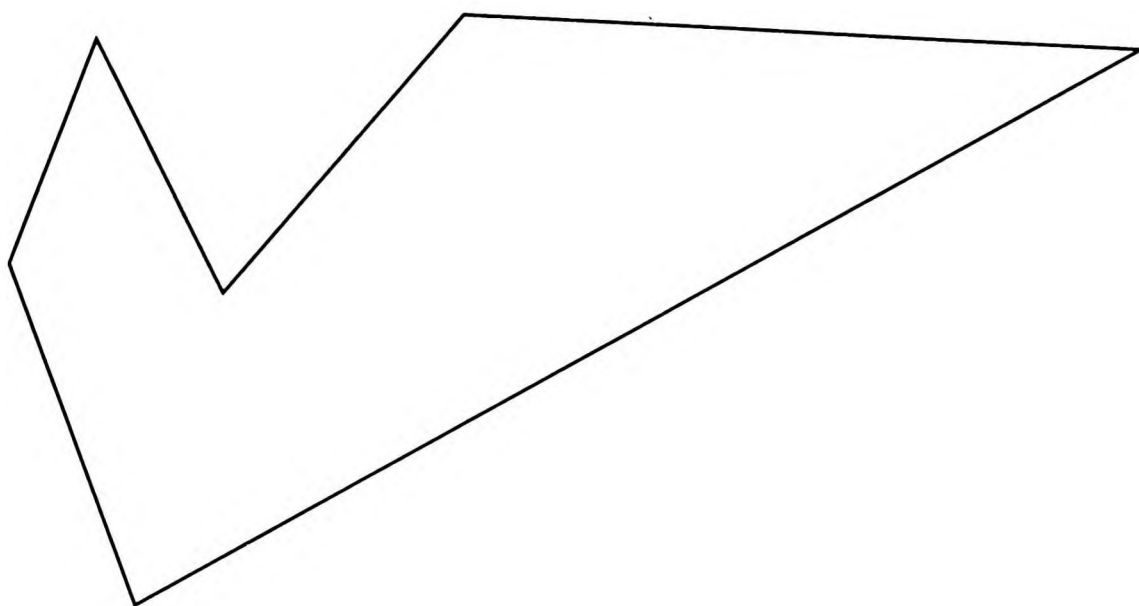
**Other patterns to consider:** Energy Boost, Fearfulness, Inner Strength, Nausea and Vomiting, Pollution Protection, Too Keyed Up.



## ***Error***

A feeling of low self-esteem or that you are always making dumb and inexcusable mistakes is usually caused by past life energies of: fear, self-doubt, guilt, hate of self, alcoholism, spiritual suicide, doom, unhappiness, unworthiness, unforgiveness and self-limitation.

**Other patterns to consider:** Fearfulness, Pancreas, Rejuvenation, Stress.



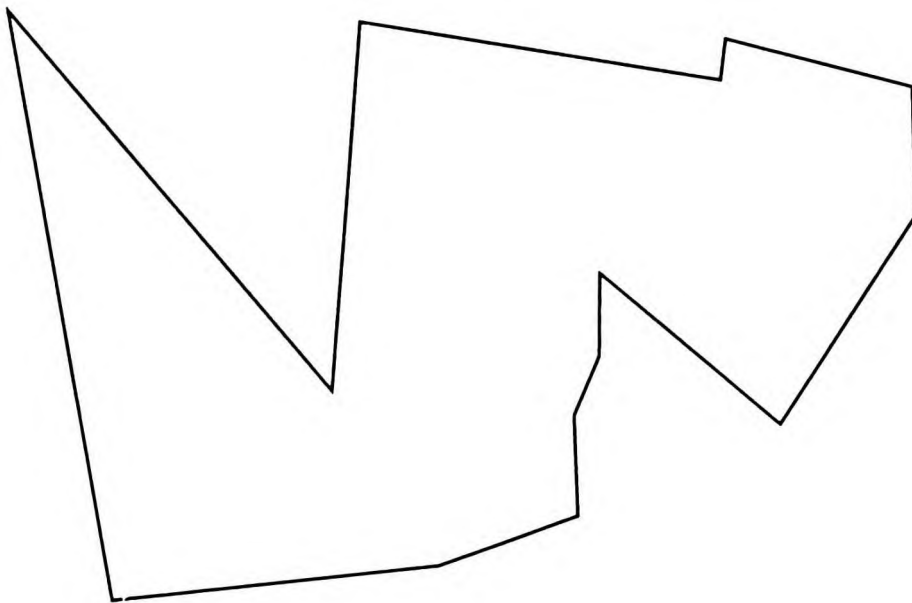
## ***Etheric Adjustment***

The etheric body is the pattern body. It is with you for all incarnations. Once you have determined what you are going to be in any particular incarnation, you mold and shape your etheric body to fit the body you have selected.

When the physical body is cut or torn, the etheric body may be wounded as well. Persistent pain, in some area of the physical body, that does not seem to have any known cause, may be the result of a wound to the etheric body that has carried over from a past life. In the case of neck pain, the major past life causes are beheading and hanging. High Self says that operations that are performed when they are unnecessary cause wounds to the etheric body. Necessary operations can also cause wounds to the etheric body.

Spirit will perform psychic surgery on the etheric body. Ask for the application of the Direct Healing and Colors Chart, Figure 1, to reconnect and heal the etheric body.

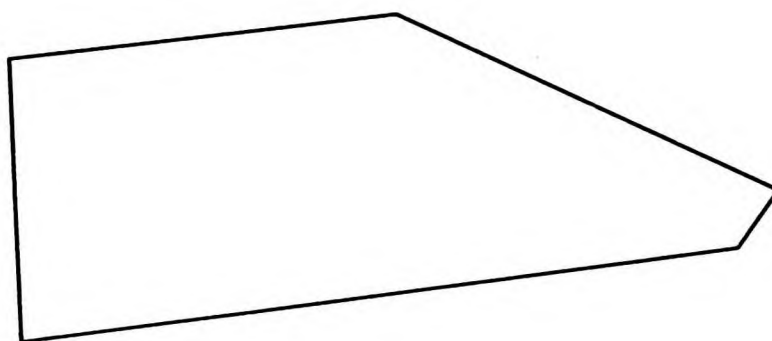
**Other patterns to consider: Pain.**



## ***Eye Irritation***

Overworking your eyes can cause them to feel sore or tired and may result in blurred vision. This pattern can be used to alleviate redness, itching, smarting or burning, excessive tearing, and blurring. When there is an injury to the eyes, consult your eye doctor or physician.

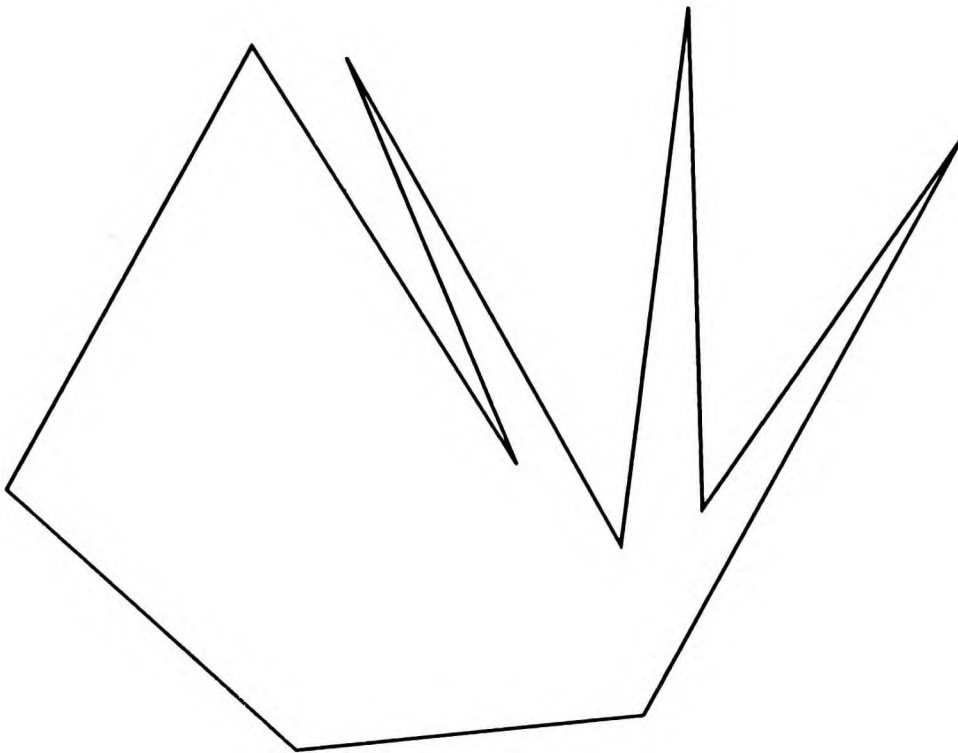
**Other patterns to consider:** Allergies, Smog.



## ***Eyes***

The major causes of eye problems are past life energies of cruelty, hate of God, hate of self, hate of men, hate of women, helplessness, despair, doom, self-punishment, self-destruction, health abuse, escapism and suicide. Again, many of these factors are a result of becoming spiritually attuned and being harmed because of that.

**Other patterns to consider:** Etheric Adjustment, Fearfulness, Feeling At Ease, Harried, Sniveling, Spleen.



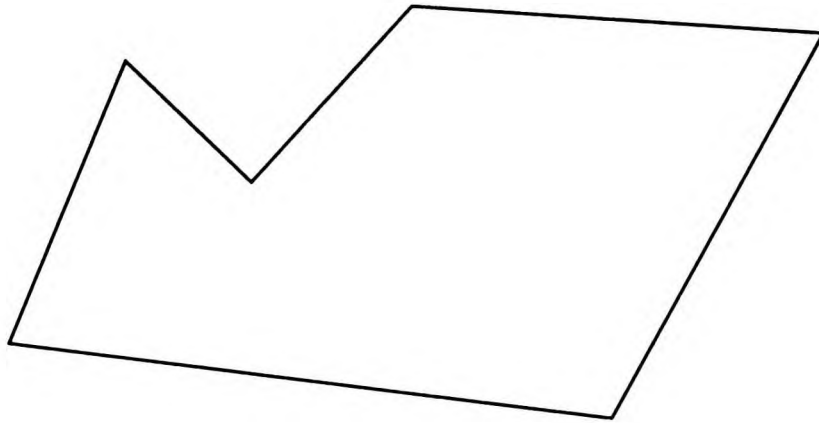


## ***Fatigue***

A hard day's work can often leave a person with a feeling of being drugged, weary or listless. Travel over a long distance or disrupted sleep patterns can bring on fatigue.

Using this pattern can energize your body. When your body is energized, you will have a greater feeling of calm and peace.

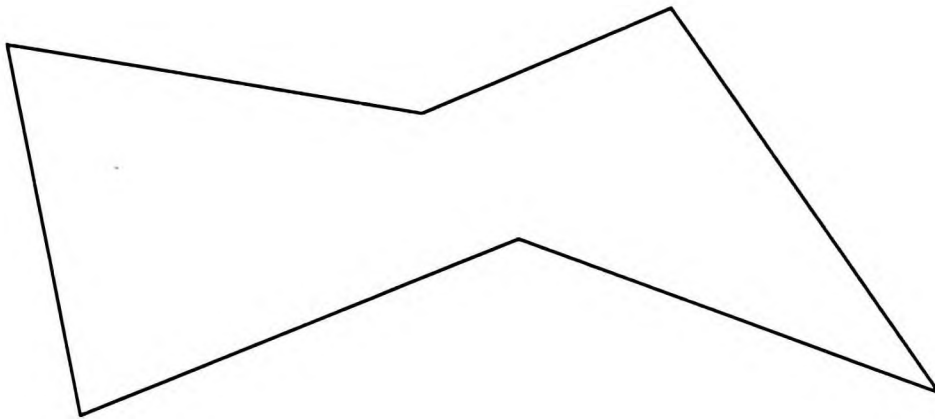
**Other patterns to consider:** Energy Boost, Environmental Stress, Stress.



## ***Fearfulness***

This pattern can be used when you know the cause of your fear. Many fears are a result of past lives. Some of them are: fear of heights, fear of falling, fear of closed spaces, fear of God, fear of crowds, fear of spiders, snakes, or a particular animal. There are countless fears that carry over from past lives. You can ask High Self if a particular fear has its roots in past lives. When you get an affirmative answer, ask if the past lives can be cleared, and if so, ask them to clear it. Once it is cleared, you may still find benefit in using this pattern.

**Other patterns to consider:** Business Pressure, Energy Balancing, Motion Sickness, Tension Headache, Traumatic Events.

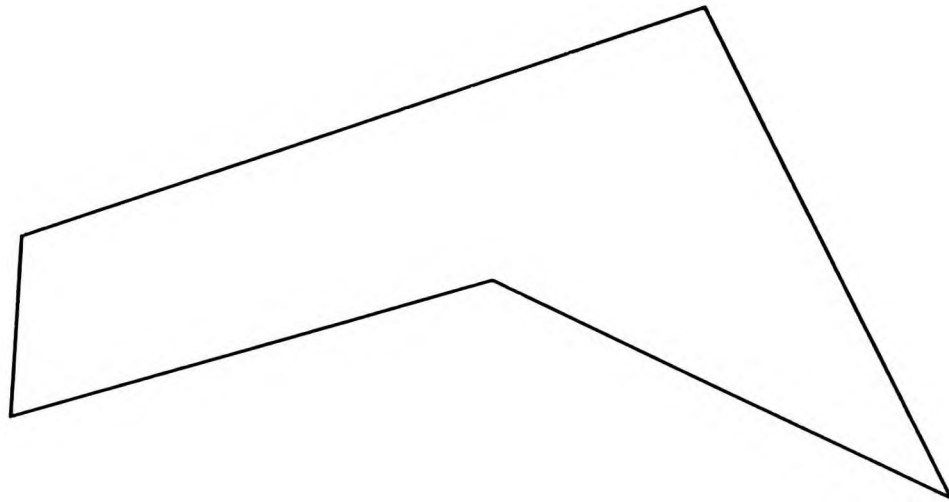


## ***Feeling At Ease***

This pattern can be extremely beneficial when there is a feeling of discomfort about a pending meeting with the boss, a social function, a conference or convention or going to an unfamiliar place.

It can help where there is a major change or challenge taking place such as going to court, first day of school for a child or adult, moving to a new area or taking on a new task, job or activity.

**Other patterns to consider:** Fearfulness, Hurrying, Inner Strength.

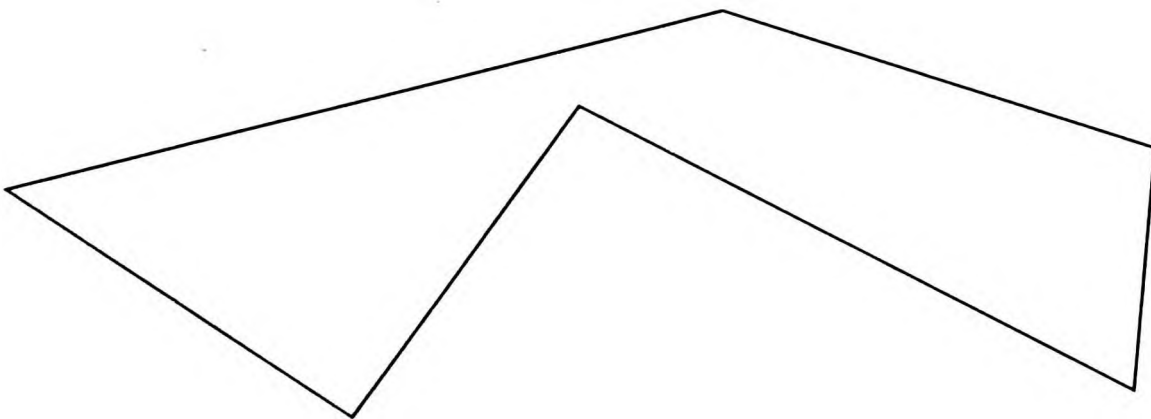


## ***Feeling At Home In Your Body***

We have free will to incarnate or not to incarnate. However, once we have taken the first step and start the process, there is a great deal involved and it may take many lifetimes of experience to learn the necessary lessons that finally free a soul from the seemingly eternal round of incarnations. The difficulties encountered and the energies accumulated keep the soul coming back again and again until it finishes the task and evolves to a high spiritual level with a vast amount of wisdom, knowledge and understanding.

High Self says that the major cause of not feeling at home in your body is either not wanting to incarnate or resistance to incarnating.

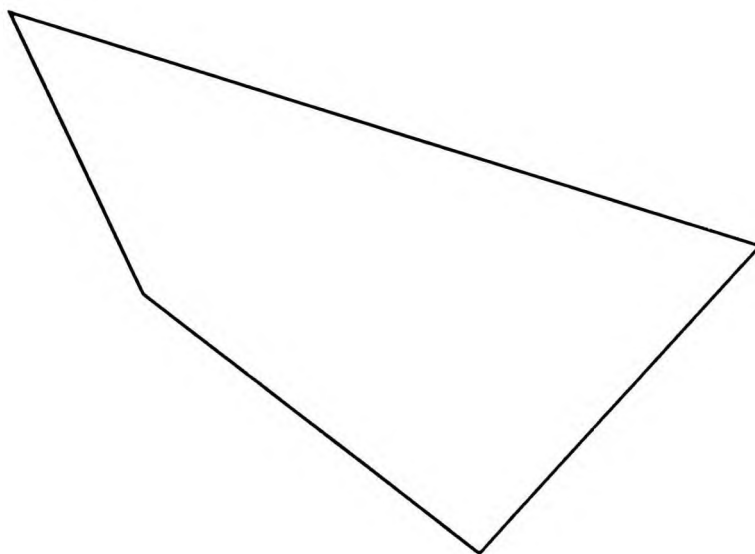
**Other patterns to consider:** Adrenals, Energy Boost, Fatigue, Inner Strength, Panic Attacks, Too Keyed Up.



## ***Fetus***

During February of 2002, I was teaching workshops in Venezuela. One of my wonderful translators told me a friend was in her seventh month pregnancy. The doctors told the friend that the ultra sound indicated that the fetus was serious Down's syndrome. They said that the brain, heart and stomach were not developing properly and an abortion was highly recommended. I suggested that we work with SRT and ask SPIRIT to correct the fetus, which we did. We were assured that the fetus had been corrected. This occurred near the end of the week. On the first of the following week, the fetus was aborted and there was nothing wrong with it. It was perfect.

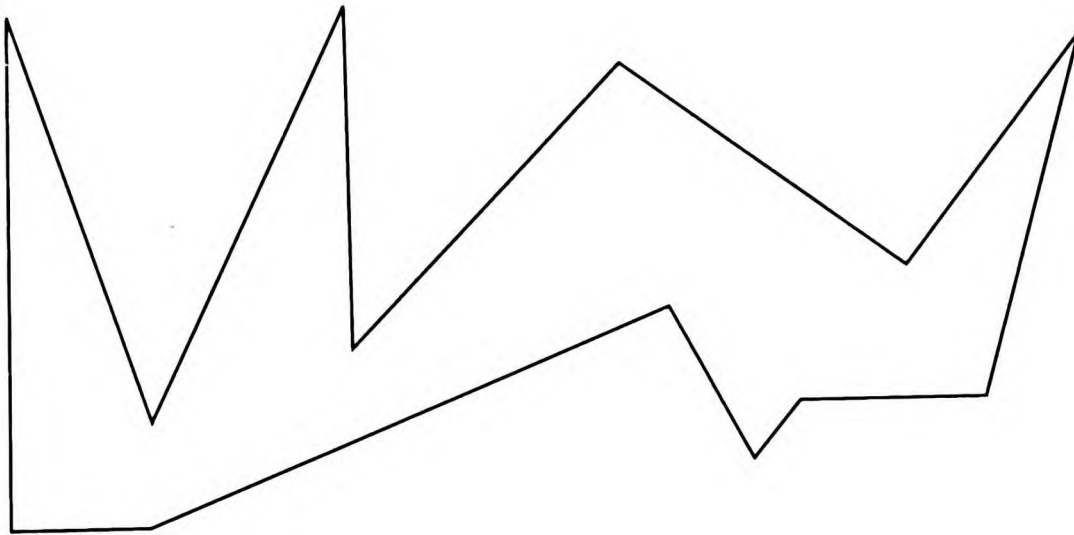
Even if a pregnant woman has no understanding of SRT, they can use this pattern to work with and correct the fetus. SPIRIT says a good time to start using the pattern is in the fifth month, although you can start earlier. Put your hand on the pattern and ask SPIRIT that any corrections that are necessary be made. Do this once or twice a month until delivery.



## ***Fibromyalgia***

Fibromyalgia is pain in the fibrous, connective tissue components of the muscles, tendons and ligaments. The major cause of this problem is carry-over energy from past lives. The energies are hate of life, self, women, men and God, frustration, fear, cruelty from others, doom, hate, anger, escapism from life because of bitterness and doubt of life.

**Other patterns to consider:** Bursitis, Cleansing Emotional Confusion, Despondency, Etheric Adjustment, Feeling At Home In Your Body, Inner Strength, Mental Alertness, Pain, Spleen.

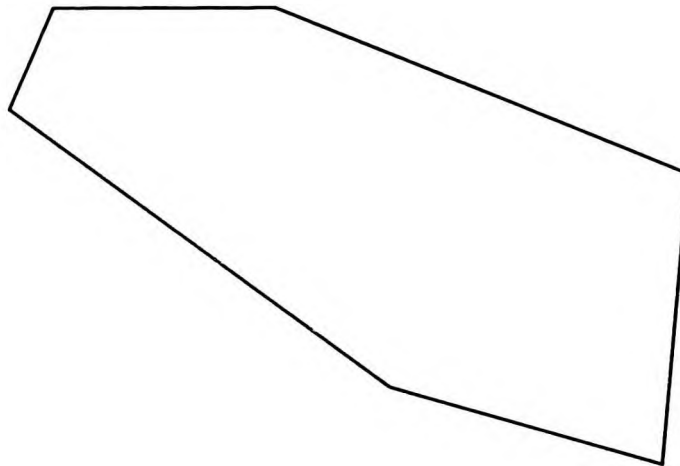


## ***First Aid***

This is a good pattern to use when anything traumatic happens to you be it mental, emotional or physical. It can even be used before facing a critical situation, such as beginning a difficult task, working in a high stress job or interacting with a difficult person.

Use this pattern for an injury while waiting for help or traveling to see a doctor.

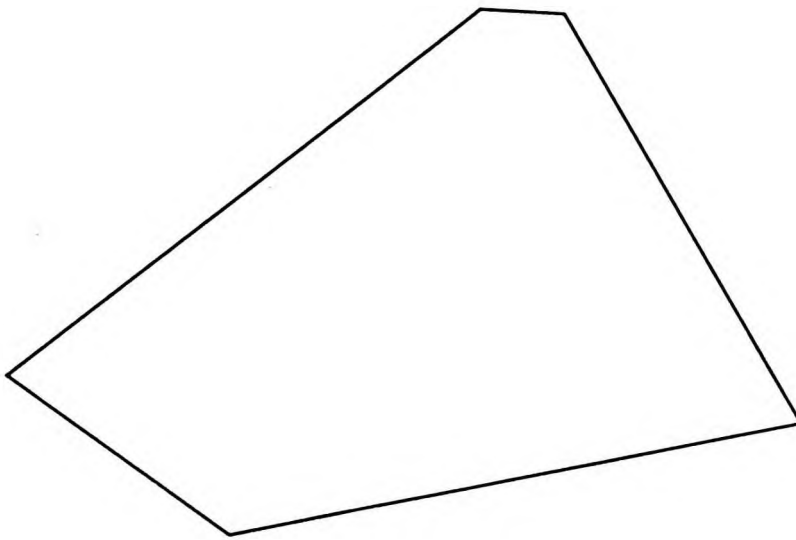
**Other patterns to consider:** Aches, Brutality, Cartilage Patterns, Energy Boost, Food Poisoning, Negativity, Physical Injury, Rejuvenation, Stress.



## ***Flu***

Some flu symptoms are: sneezing, coughing, runny nose, loss of appetite, body aches, exhaustion, fever, nausea and vomiting, chills and sweating. When you have any of these symptoms, ask High Self if you are experiencing the onset of flu, and if so, use this pattern. Several treatments may be needed.

**Other patterns to consider:** Endocrine System, Energy Boost, Nausea and Vomiting, Rejuvenation, Resistance, Stomach Flu, Sudden High Fever, Too Keyed Up.



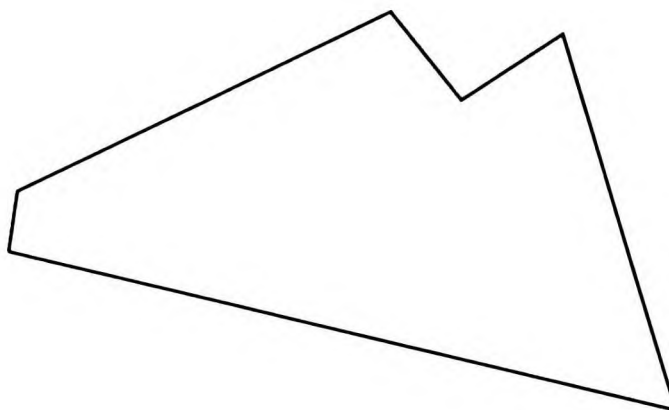


## ***Food Poisoning***

Symptoms are: abdominal pain, vomiting, diarrhea, nausea and severe loss of energy. These symptoms are your body's signal that you have picked up bacteria which are poisoning you.

**Other patterns to consider:** Cold Preventative, Diarrhea, Fatigue, First Aid, Indigestion, Nausea and Vomiting, Physical Injury, Resistance.

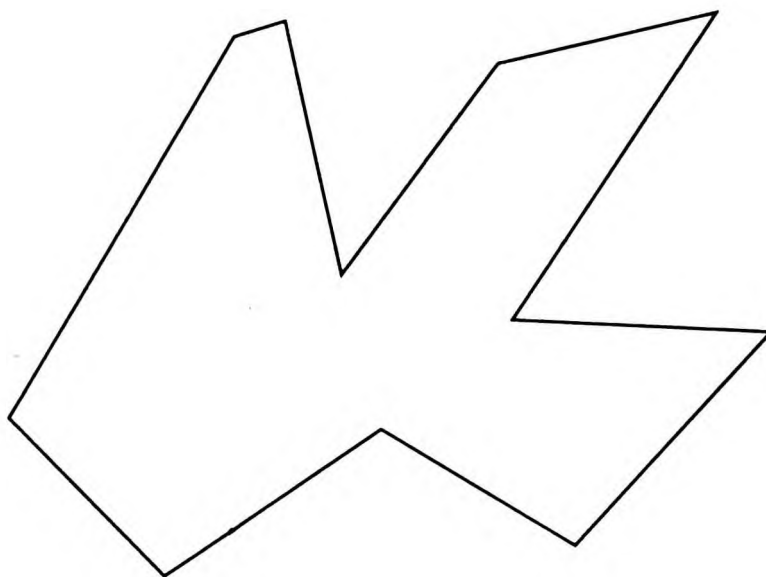
You will also find it beneficial to use Figure 1, Direct Healing and Colors Chart, for the treatment of bacteria.



## ***Fungus***

To alleviate fungal infections, use this pattern and ask High Self to apply Figure 1, Direct Healing and Colors Chart.

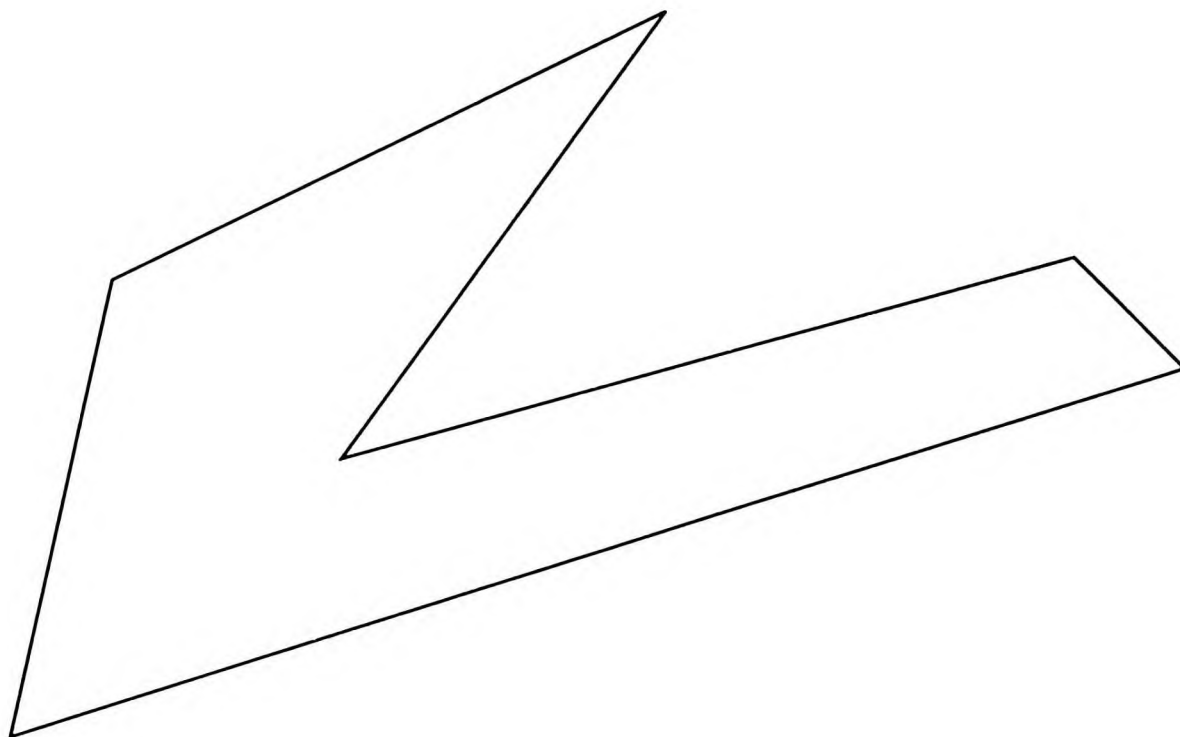
**Other patterns to consider:** Inner Strength, Pancreas, Stress.



## ***Gallbladder***

Gallbladder problems have one hundred percent of their roots in past lives. The carry-over energies are bitterness, hate of men and women, hate of life and God, hate, health abuse, helplessness, depression, self-limitation, self-destruction, despair, suicide, intense desire to experience illness as a supposed pay-back for perceived wrongs in past lives.

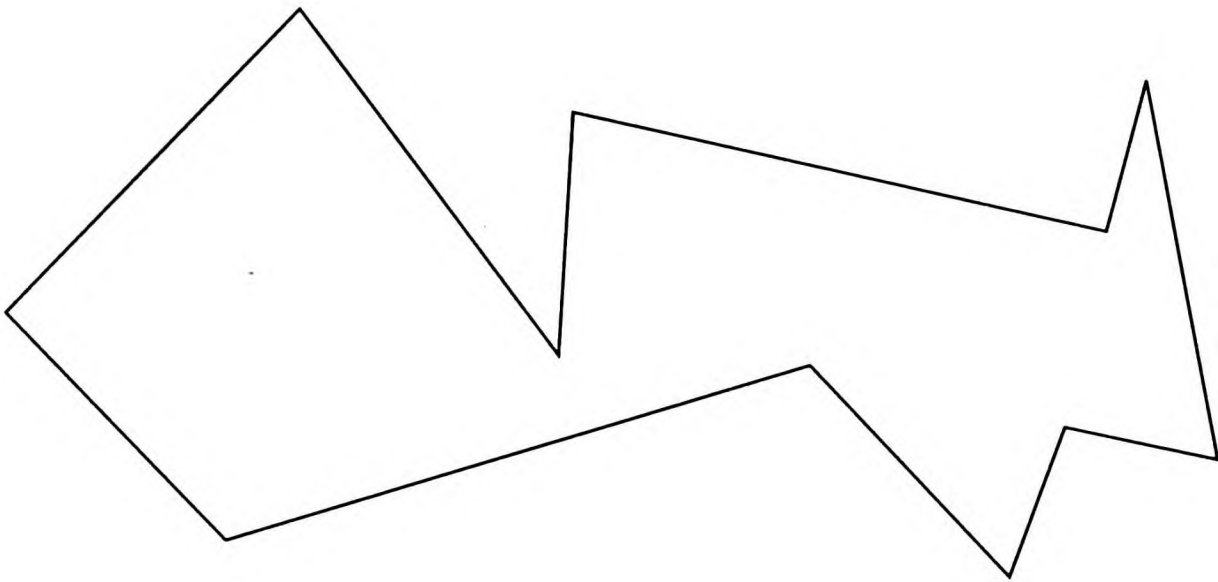
**Other patterns to consider:** Brutality, Cleansing Mental Confusion, Fearfulness, First Aid, Harried, Plaintive, Regularize Erratic Lifestyle, Rejuvenation, Spleen, Tension Release, Toxicity.



## ***Gastritis***

Gastritis and most other stomach disorders have their roots in past lives. The major past life cause is death by poisoning. The carry-over energies are: hate of God, men and women, fear, hate, helplessness, health abuse, self-destruction, self-punishment, self-limitation and cruelty.

**Other patterns to consider:** Brutality, Chlamydia, Endocrine System, Etheric Adjustment, Incontinence-Physical, Liver Treatment, Pain, Rejuvenation, Stomach Flu.

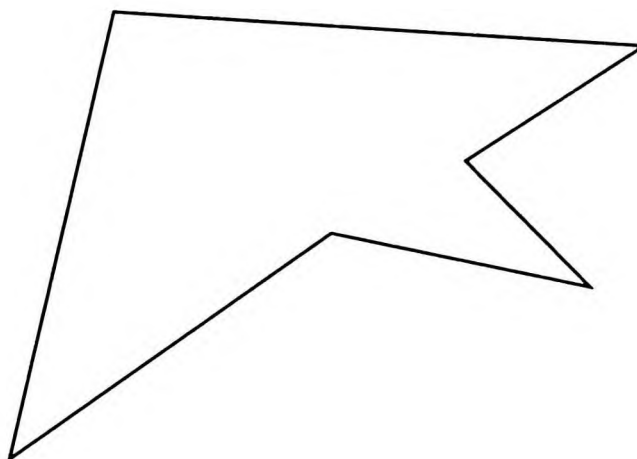


## ***Hangover***

Alcohol when used in excess can be and often is poisonous to the body. Symptoms of hangover are headache, fatigue, nausea, dizziness, a bad taste in the mouth, bad breath, weakness and trembling. The best cure for hangover is not to drink alcoholic beverages in excess to begin with.

Many people drink because of stress or to fulfill what they believe to be a social requirement. Learn to say 'no' to social pressures.

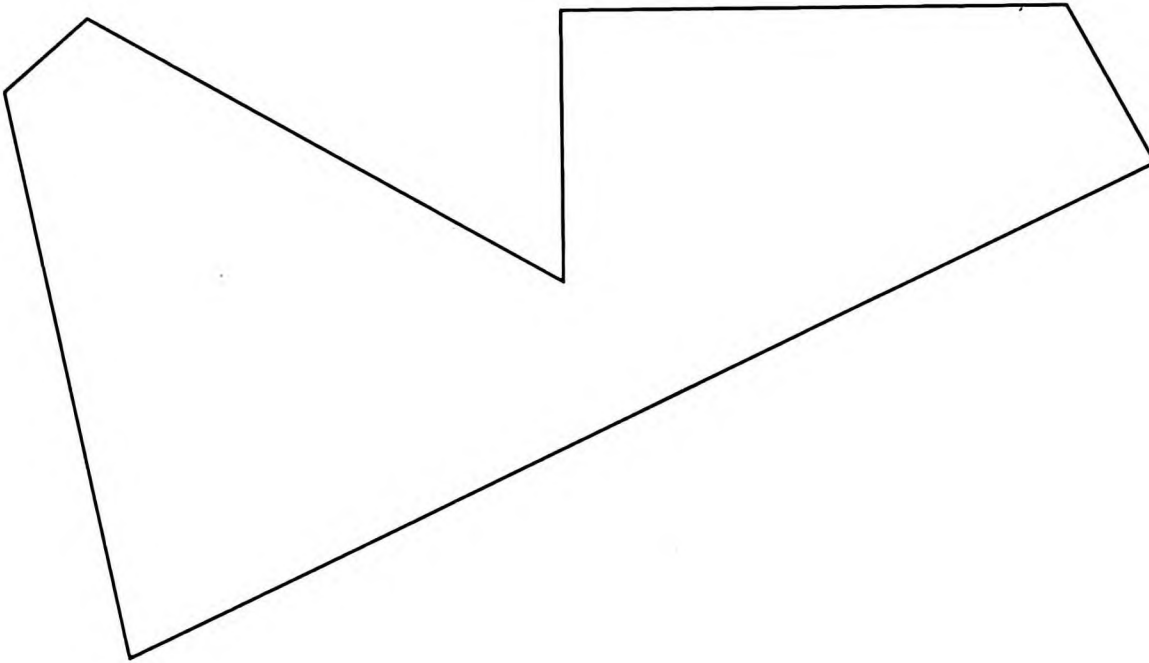
**Other patterns to consider:** Addictive Habits, Endocrine System, Indigestion, Regularize Erratic Lifestyle, Too Keyed Up.



## ***Harried***

Being harried has its roots in past lives, although it can certainly be caused by an accumulation of problems and challenges in the current life. The carry-over energies from past lives are: frustration, hate of God, apathy, alcoholism, doubt of life, despair, self-destruction and suicide. These energies have to be faced and worked through in order to free the soul of the need to incarnate again.

**Other patterns to consider:** Adrenals, Environmental Toxicity, Objectivity, Spleen.

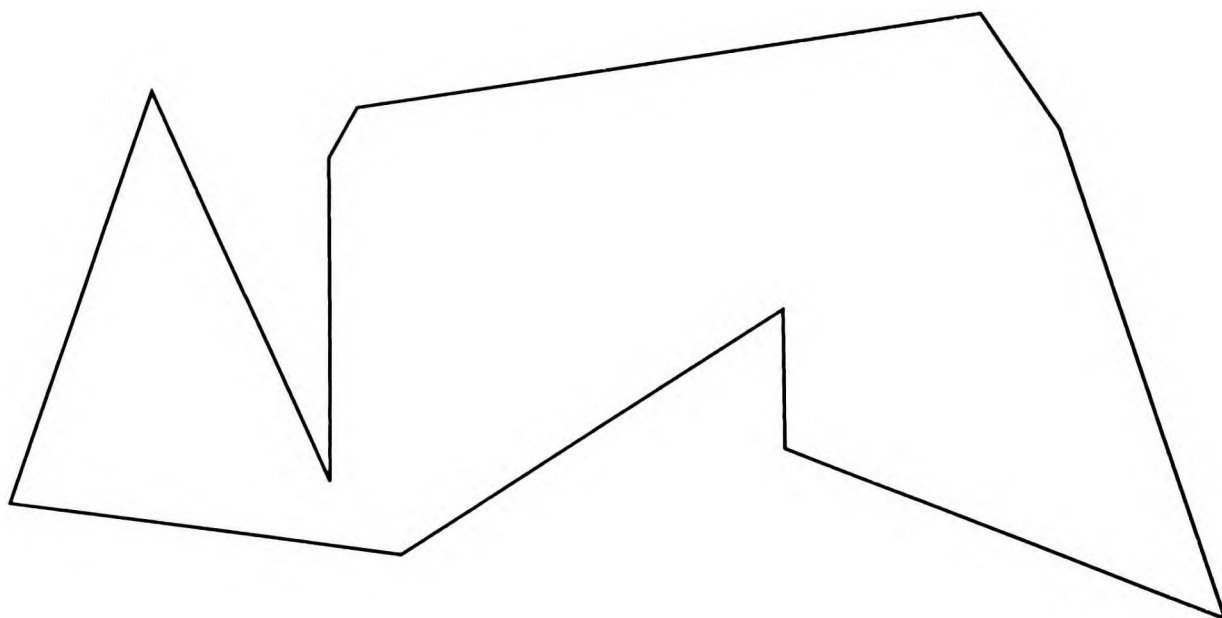


## ***Healing Time Flow***

There are occasions when time seems to get away from you and you become bogged down in life. Using this pattern can help promote a better sense of timing which can then lead to a greater sense of accomplishment in the present time.

The energies carried over from past lives are: frustration, guilt, hate of self, hate of God, depression, self-punishment, self-destruction and anger.

**Other patterns to consider:** Cleansing Emotional Confusion, Cleansing Mental Confusion, Opening the Heart, Rejuvenation.

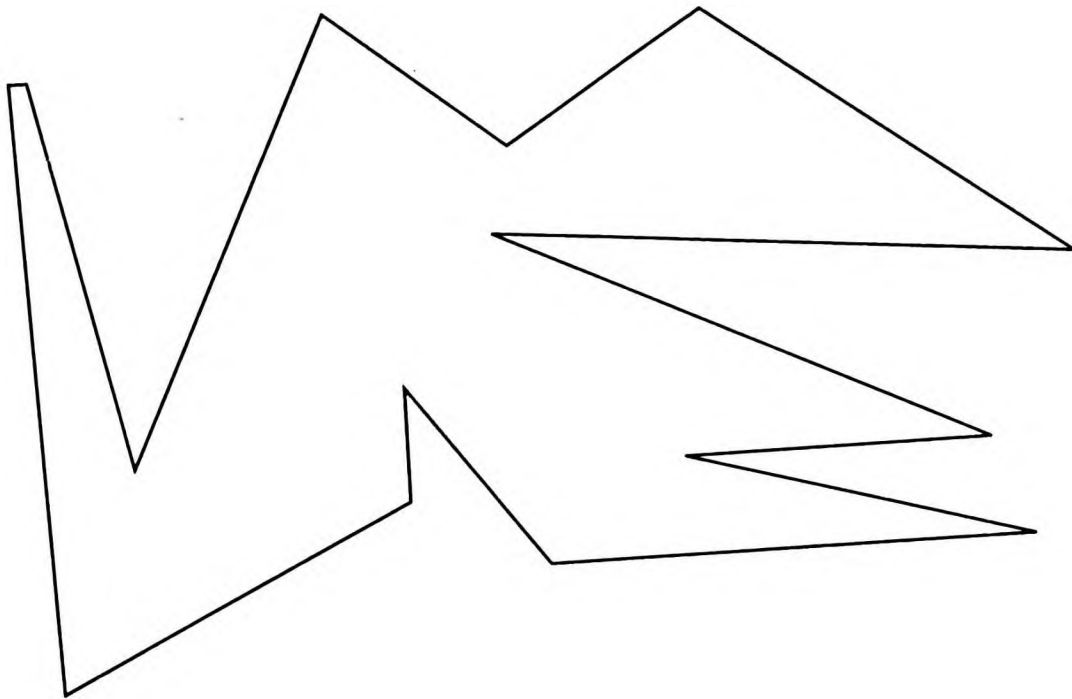


## ***Heart***

The heart is the center of the emotional energy and reflects the spiritual condition of the mind. When the heart has been emotionally wounded in past lives, it can be seriously affected in the recent life. The heart holds a delicate balance between love and hate.

The past life energies are sadness, hate of men, hate of God, apathy, disillusionment, betrayal, doubt of men and women, mental, emotional and physical abuse by others, shame and separation from others.

**Other patterns to consider:** Blood Pressure, Brutality, Energy Boost, Fearfulness, Inner Strength, Opening the Heart, Worrying.

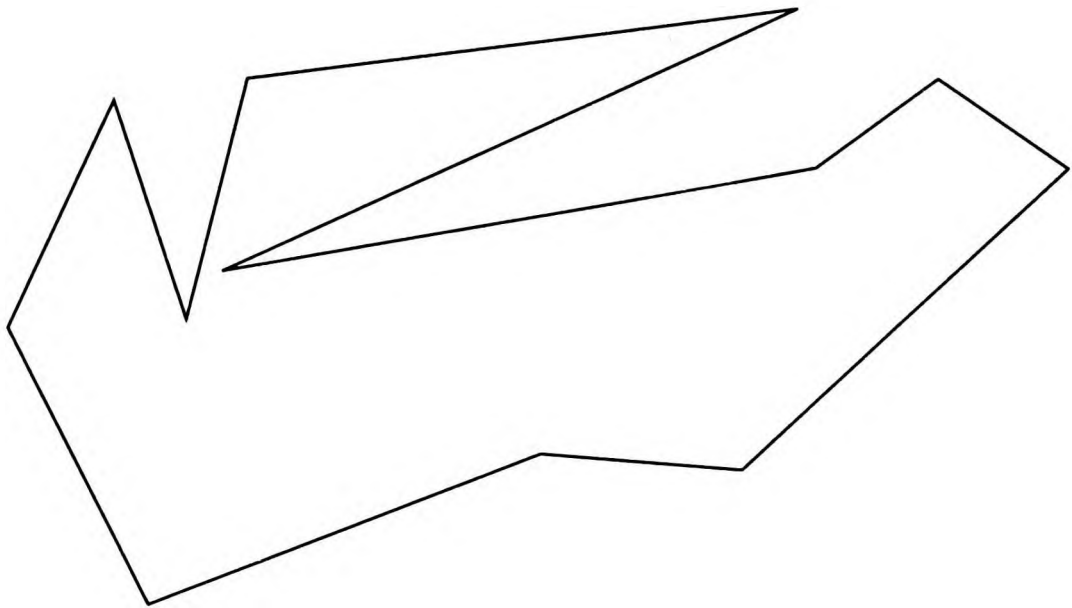




## ***Herpes***

The past life energies are hate, depression, anger, hate of women, hate of self, hate of life, adultery, self-punishment, self-destruction and bitterness at self.

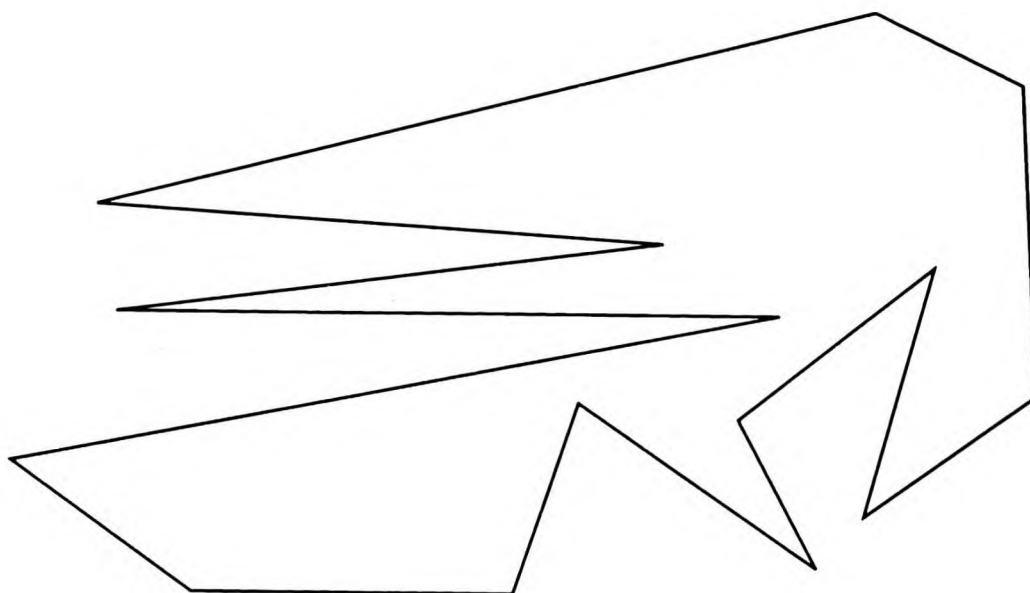
**Other patterns to consider:** Aids, Bacteria, Chemical Imbalance, Feeling At Ease, Lifted Spirits, Moodiness, Panic Attacks, Resistance, Spleen, Stress.



## ***Herpes Simplex***

This is the type of herpes that causes fever blisters and seed warts. The past life energies are self-punishment, cruelty, frustration, doom and sadism toward others.

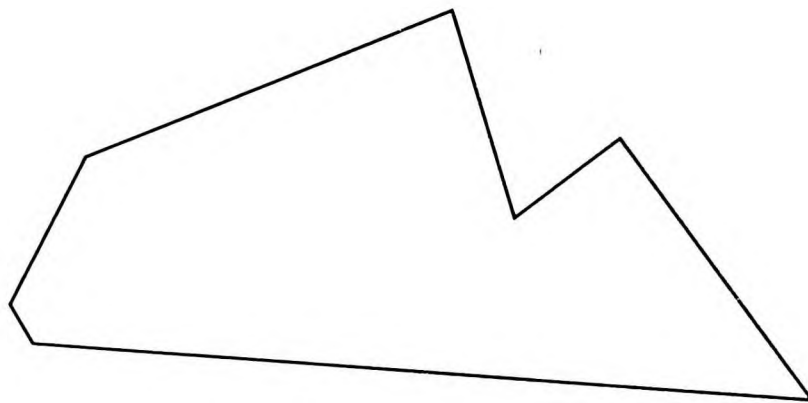
**Other patterns to consider:** Chemical Imbalance, Fungus, Spleen, Viruses.



## ***Hurrying***

Past life roots are: procrastination, fear, anger at life (wanting to hurry up and get it over with), despair, self-limitation and self-punishment. There is a belief that there is not enough time to get everything done in this lifetime so you have to rush, rush, rush through everything.

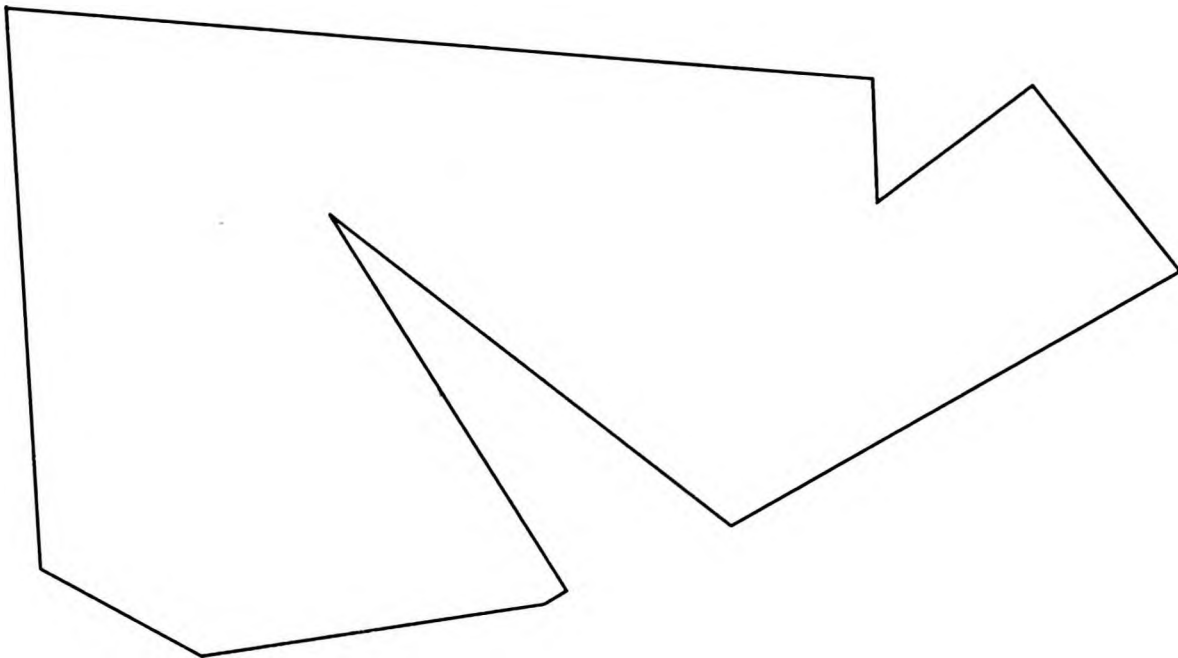
**Other patterns to consider:** Environmental Stress, Panic Attacks.



## ***Hypothalamus***

High Self says the major cause of problems with the hypothalamus is dysfunction of the right and left hemispheres of the brain. Ask for the application of the brain tuner on the Direct Healing and Colors Chart, Figure 1. The hypothalamus is the seat of the will and when it is dysfunctional there are living habits that are abnormal.

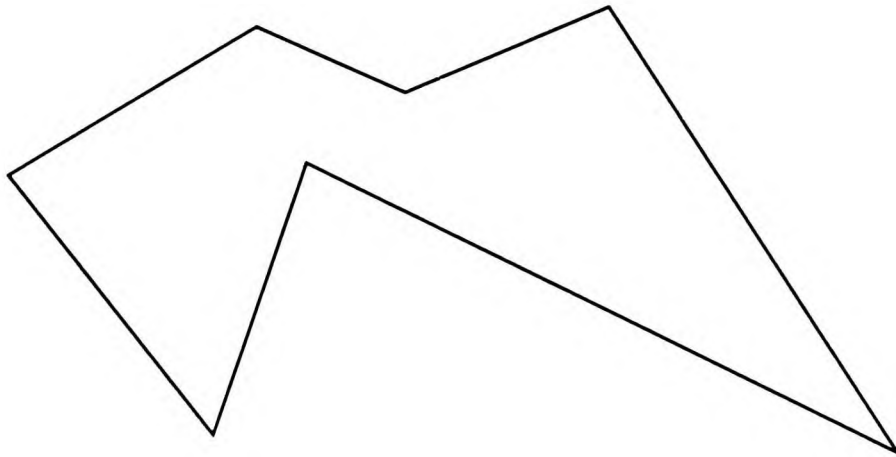
**Other patterns to consider:** Adrenals, Chemical Imbalance, Emotional Abuse, Error, Hysteria, Pancreas, Resistance, Skepticism, Too Keyed Up.



## ***Hysteria***

The major problem is fear of life itself. This is based on many past lives where the person was harmed mentally, emotionally and physically. Besides fear of life the energies that can carry over are: frustration, forsaken by life, hate of women and men, the injustice of life, despair, doubt of mankind, separation from God and self-destruction.

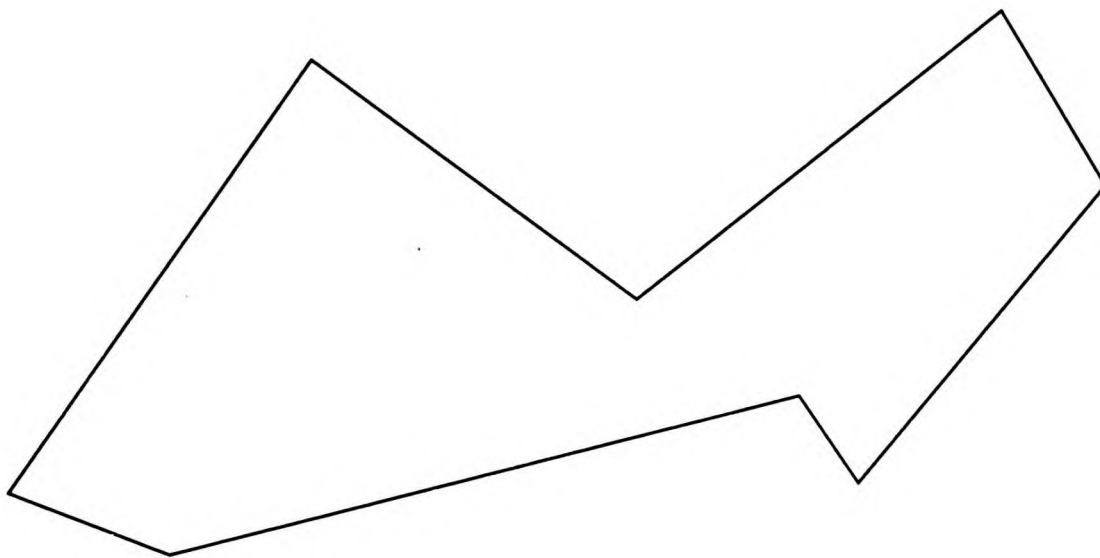
**Other patterns to consider:** Energy Balancing, Etheric Adjustment, Panic Attacks, Regularize Erratic Lifestyle, Too Keyed Up.



## ***Incontinence-Emotional***

Fear of God is the major carry-over energy from past lives. Other energies are: hate of God, guilt, despair, intense hate of self, self-limitation and self-destruction.

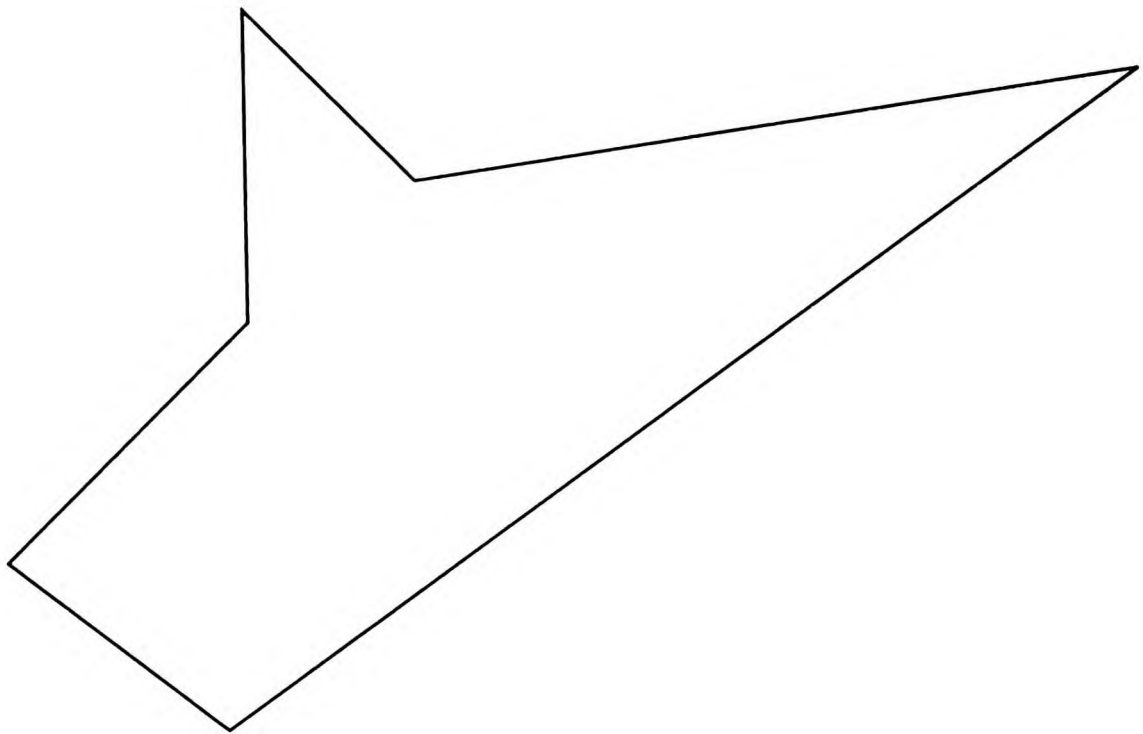
**Other patterns to consider:** Cleansing Mental Confusion, Etheric Adjustment, Negativity, Regularize Erratic Lifestyle, Stress.



## ***Incontinence-Physical***

This has nothing to do with diarrhea. Rather, it is imbalance of the physical body and an inability for the body to perform its normal functions. This can involve all aspects of the body to maintain normal functions, balance and stasis. Past life energies are: hate, hate of life, hate of men, self-punishment, a belief that life is cruel and suicide.

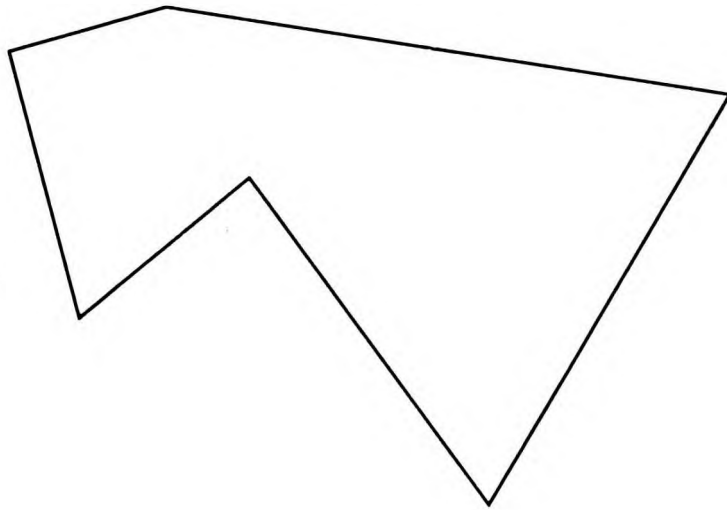
**Other patterns to consider:** Brutality, Environmental Sensitivity, Fearfulness, Objectivity, Pre-Menstrual Syndrome, Stimulating the Healing Response, Too Keyed Up.



## ***Indigestion***

Often caused by bad eating habits and mental or emotional stress. Past life energies are: guilt, frustration, hate of self, hate of life, hate of others, alcoholism, depression, self-limitation and self-punishment.

**Other patterns to consider:** Bulimia, Cleansing Emotional Confusion, Environmental Stress, Etheric Adjustment, Parasites, Pollution Protection.



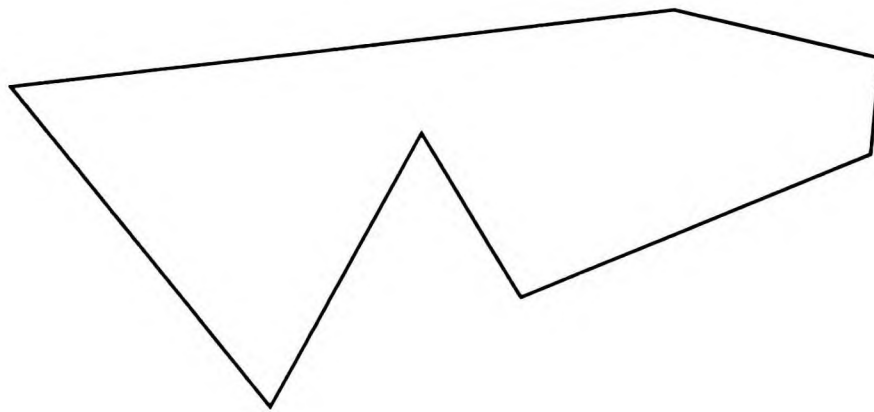


## ***Inner Strength***

You can use this pattern to promote inner strength to face some physical challenge you are facing or are soon to face. You can also use it after a challenge has depleted your energy.

This pattern can be beneficial in helping you face psychological difficulties regarding business meetings, the boss, a test at school, seeking employment and the stress involved in many other situations.

**Other patterns to consider:** Business Pressure, First Aid, Negativity, Too Keyed Up.

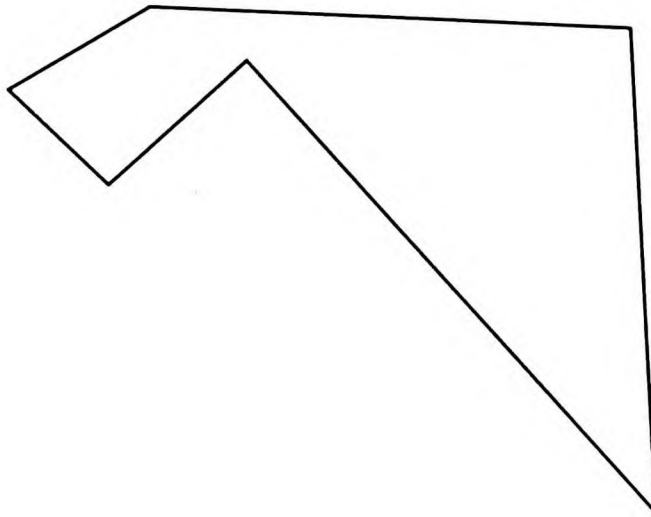


## ***Insect Bites***

Some people are allergic to mosquito bites and others are not. If you have been bitten by a mosquito, tick spider, ant or other insect use this pattern. If you have been bitten by a poisonous snake or spider, use the FIRST AID pattern while you are waiting for medical help to arrive.

Allergy to mosquitoes often has its roots in past lives which can be cleared.

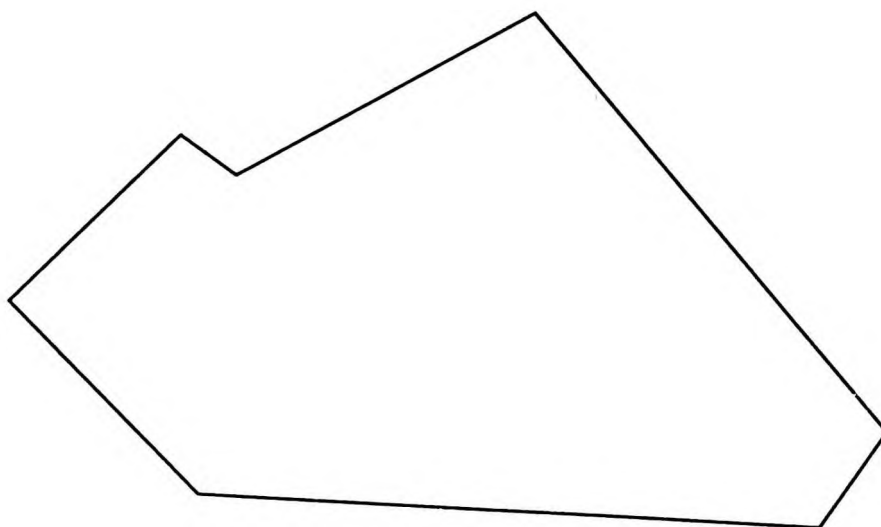
**Other patterns to consider:** Bee Stings, Fearfulness, First Aid, Pain, Stress.



## ***Insect Repellent***

This pattern can be beneficial if you are working in the yard or going on a hike. It sets up chemicals in your skin that repel insects.

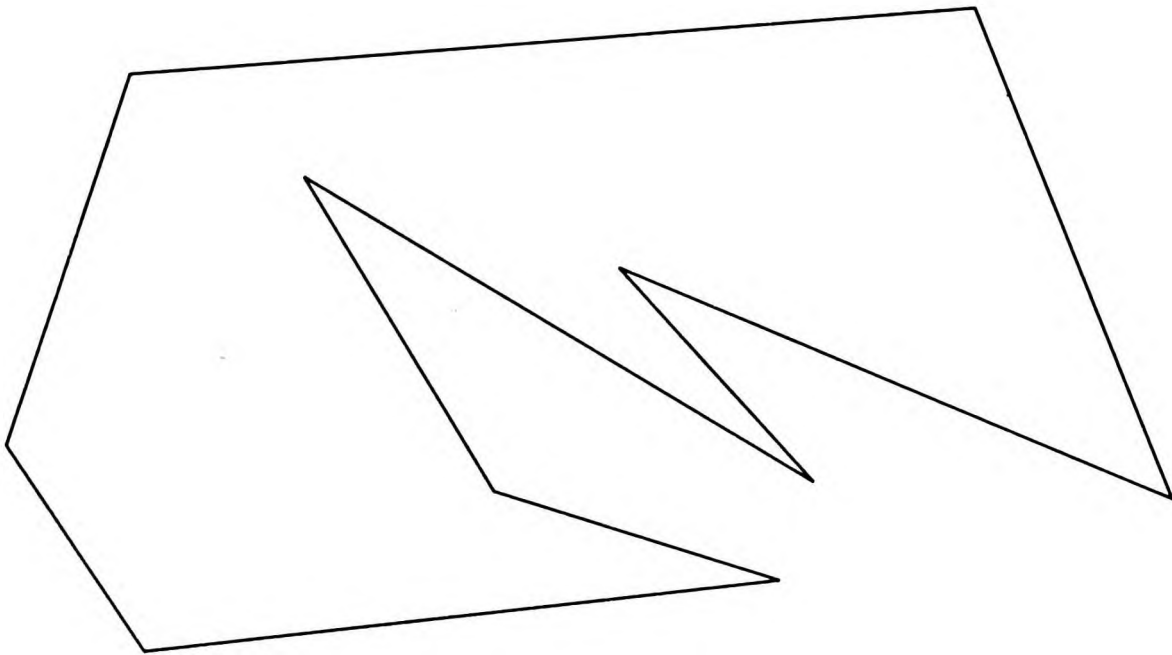
**Other patterns to consider:** Allergies, Energy Boost, First Aid.



## ***Jaundice***

Much of the time, jaundice has its roots in past lives and the energies are: fear, hate, illness, hate of life, alcoholism, doubt of God, despair and self-punishment.

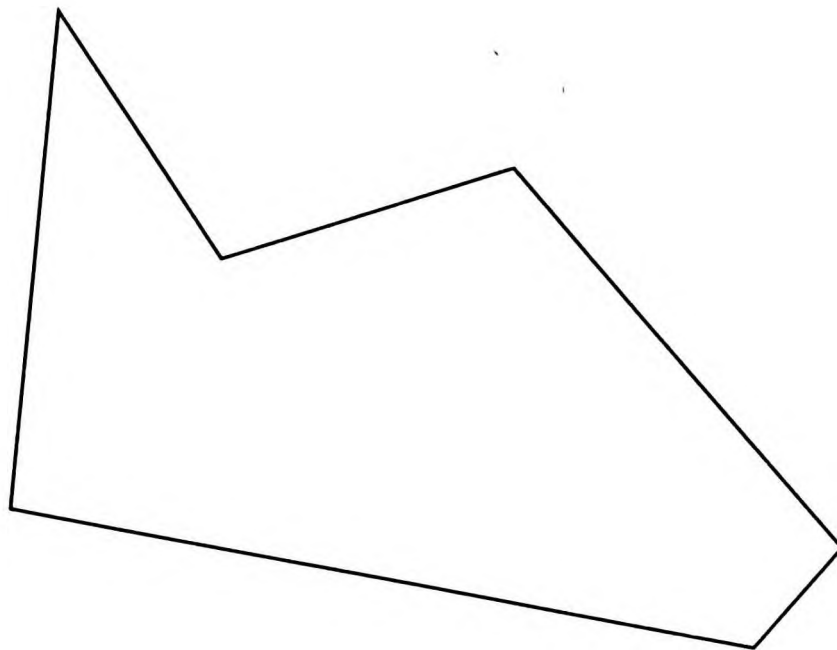
**Other patterns to consider:** Energy Balancing, Lifted Spirits.



## ***Jet Lag***

This pattern can be used both before and after a long flight.

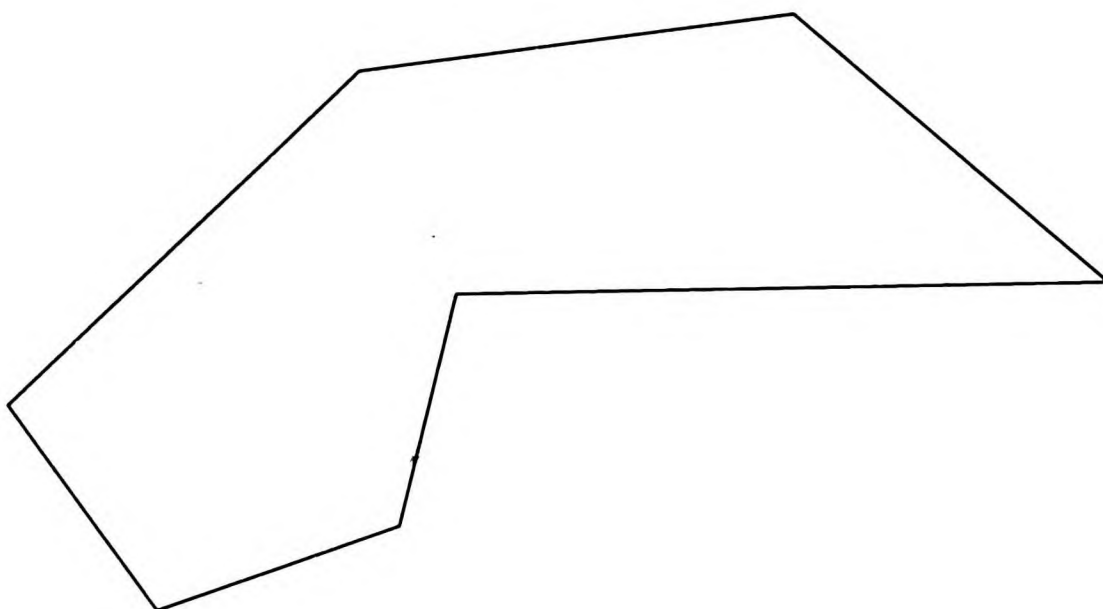
**Other patterns to consider:** Business Pressure, Cleansing Emotional Confusion, Motion Sickness, Panic Attacks, Tension Headache.



## ***Joint Injuries***

This pattern can be used as a form of protection before entering into strenuous activities. It can also be used if there is a minor joint injury. For serious injuries, get medical attention. If you have used the pattern and there is no immediate change in the situation, see your medical advisor.

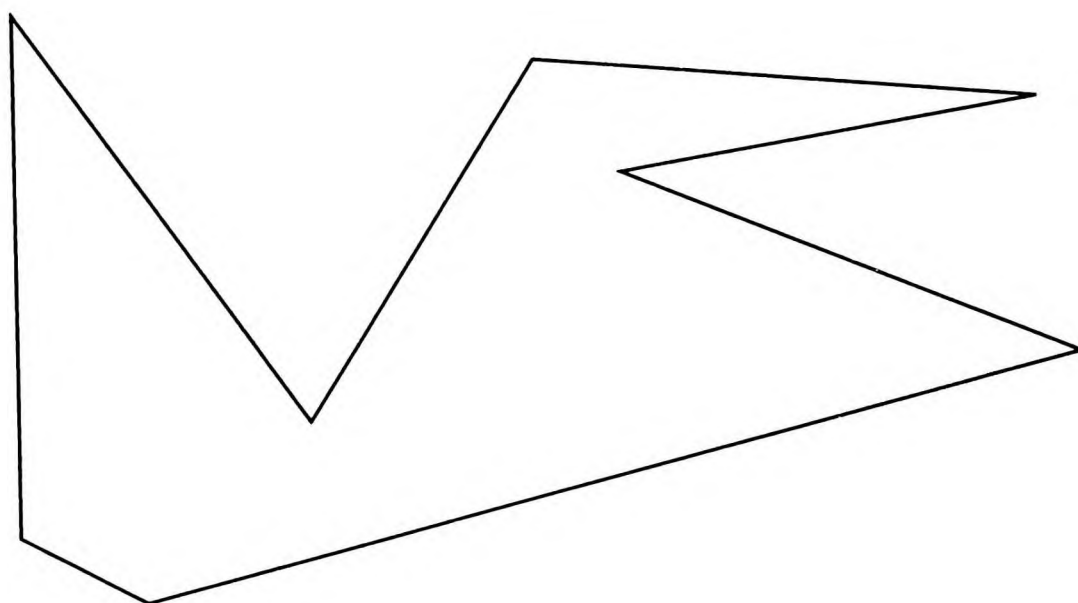
**Other patterns to consider:** Brutality, Cartilage-Knees and Feet, Cartilage-Arms and Shoulders, Energy Boost, Pain, Physical Injury, Rheumatism, Sports Injuries, Tendonitis, Traumatic Events.



## ***Kidneys***

High Self says that past life alcoholism is the major cause of kidney problems in the present life. Carry-over energies are hate of God, life, self, men, and women, guilt, alcoholism, anger at life, despair, depression, self-punishment, self-destruction, failure and suicide.

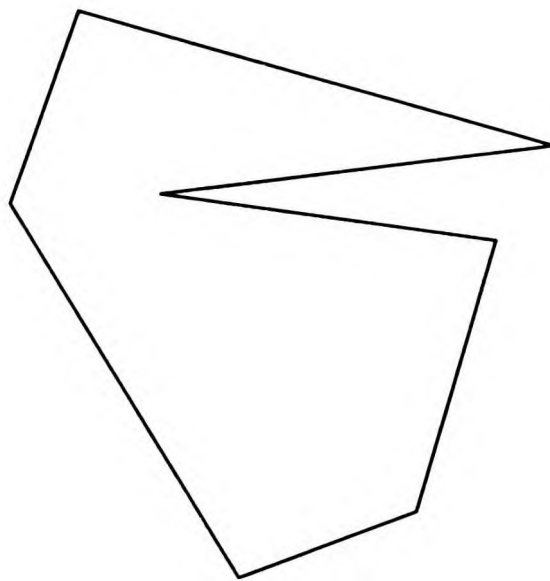
**Other patterns to consider:** Environmental Toxicity, First Aid, Liver Treatment, Rejuvenation, Spleen, Too Keyed Up, Worrying.



## ***Lifted Spirits***

This pattern can be of benefit when you are experiencing trauma or challenges in your life and you are feeling depressed, discouraged, disoriented or overwhelmed.

**Other patterns to consider:** Adrenals, Brutality, Depression, Despondency, Environmental Stress, Feeling At Ease, Over-Stimulation, Panic Attacks, Rejuvenation, Stimulating the Healing Response.

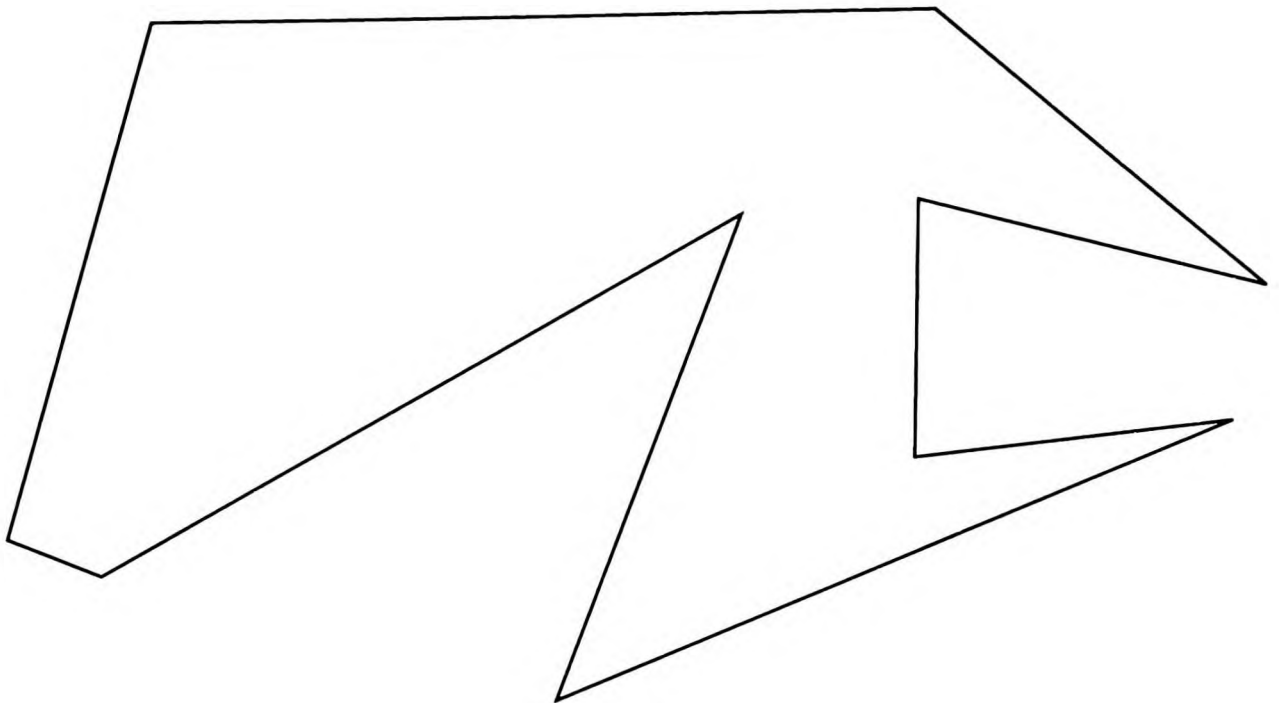




## ***Liver Treatment***

High Self says that past life alcoholism is the major cause of liver problems in the present life. Carry-over energies are hate of God, life, self, men, and women, guilt, alcoholism, anger at life, despair, depression, self-punishment, self-destruction, failure and suicide.

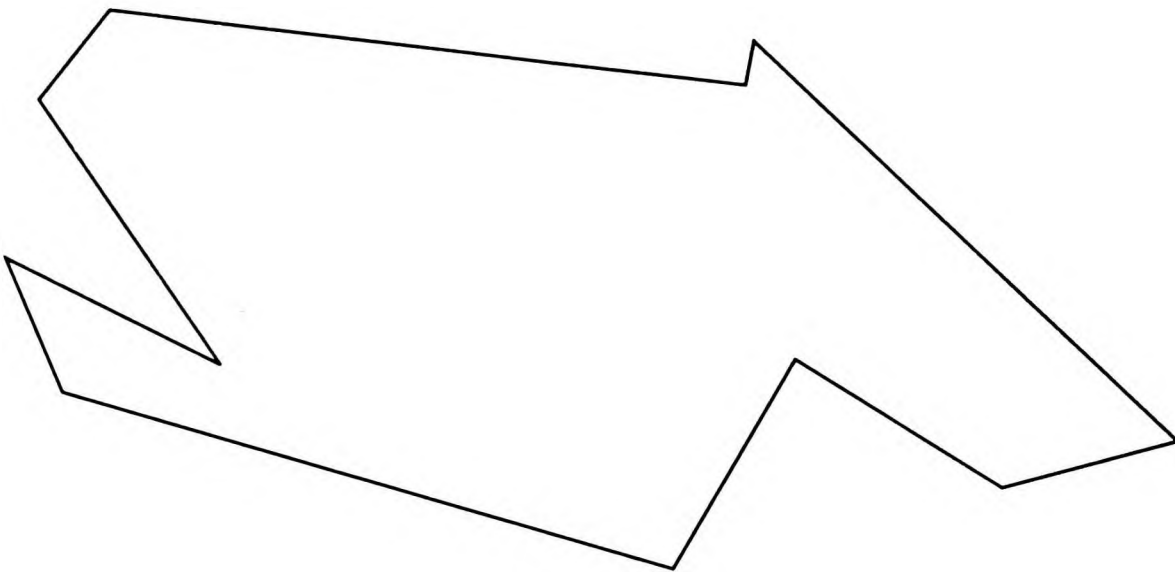
**Other patterns to consider:** Environmental Toxicity, First Aid, Liver Treatment, Rejuvenation, Spleen, Too Keyed Up, Worrying.



## ***Lou Gehrig's Disease***

High Self says that this disease is always caused by past life energies of guilt, hate of God and life, frustration, hate of self, health abuse, hate of men and women and forsaken by God.

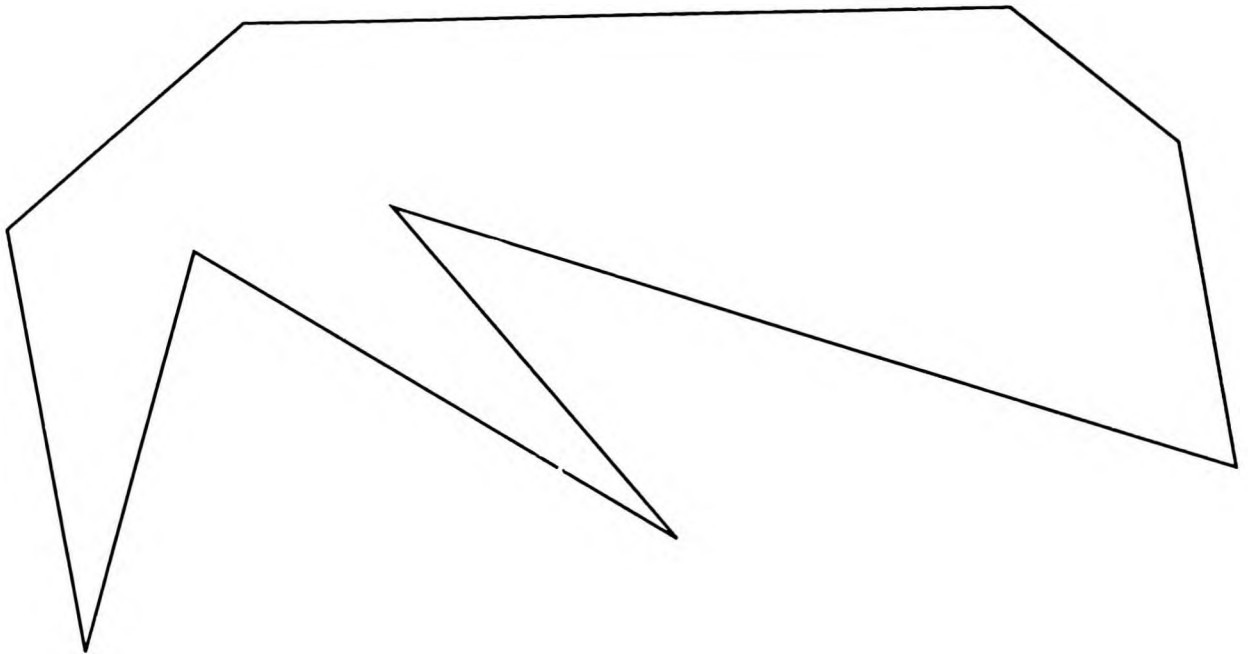
**Other patterns to consider:** Brutality, Cleansing Emotional Confusion, Endocrine System, Manipulative, Parathyroid, Skepticism, Stress, Too Keyed Up.



## ***Lungs***

The major causes of lung problems are past life death by burning at the stake, being drowned as a witch, and chemical warfare. The carry-over energies are hate of God, men, women, life and self, forsaken by God, depression, doom, failure, self-punishment, hate, cruelty, helplessness, guilt and unforgiveness.

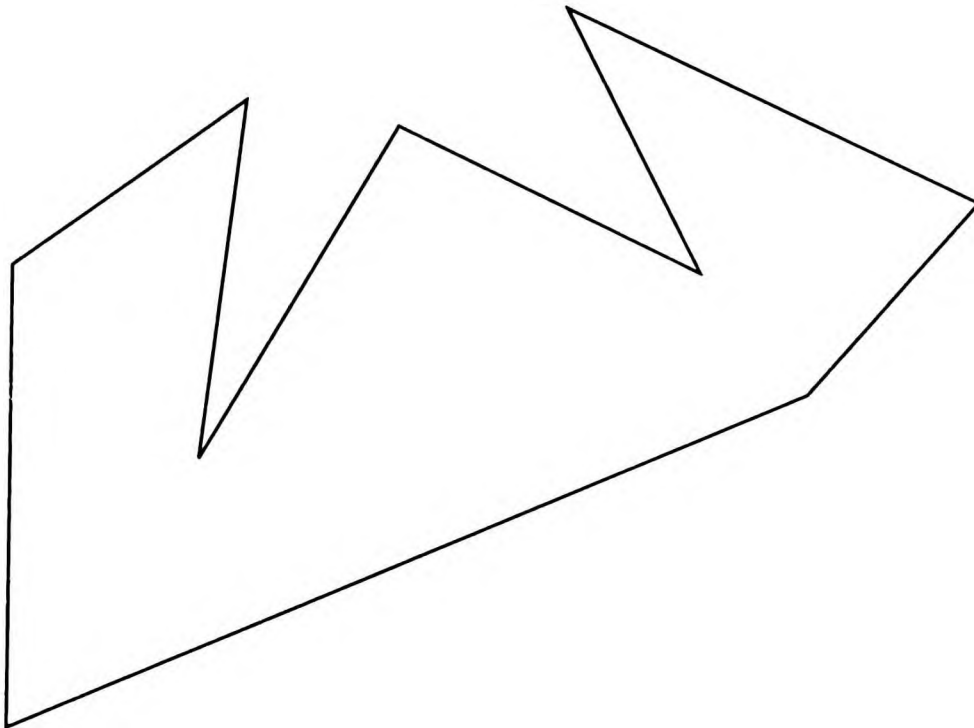
**Other patterns to consider:** Adrenals, Cleansing Mental Confusion, Energy Balancing, Environmental Sensitivity, Inner Strength, Negativity, Panic Attacks, Rejuvenation, Splen, Thyroid.



## ***Lupus***

The major causes of lupus are past life energies of: forsaken by God, depression, hate of self, hate of life, health abuse, illness, despair, self-limitation, self-destruction, self-punishment and suicide.

**Other patterns to consider:** Adrenals, Despondency, Etheric Adjustment, Jaundice, Opening the Heart, Rejuvenation, Spleen, Too Keyed Up.

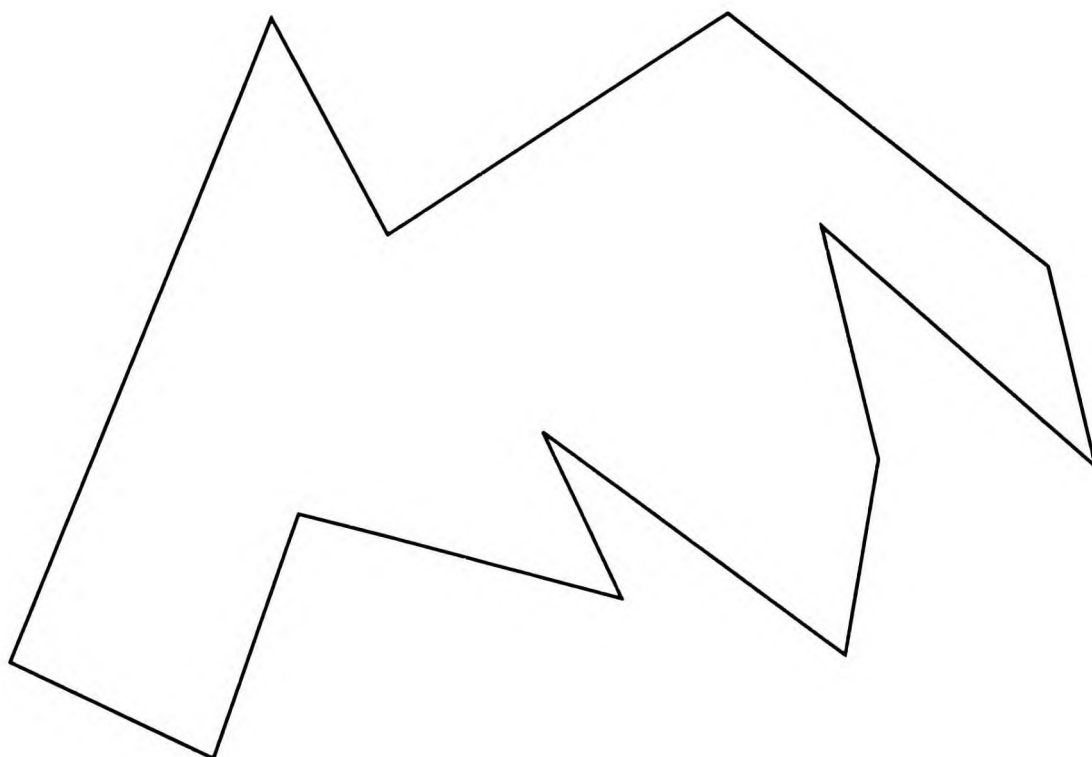


## ***Lydig Cells***

Edgar Cayce wrote in the book *The Edgar Cayce Primer*, that "The raising of the Kundalini forces throughout the endocrine glands of the body, culminates in a quickening of the pituitary, which responds by sending directive and integrating hormones to all the cells of the body."

Problems with the lydig cells always have their roots in past lives. The carry-over energies are fear, frustration, hate of self, despair, failure, doom, self destruction, escapism, spiritual suicide and self-punishment.

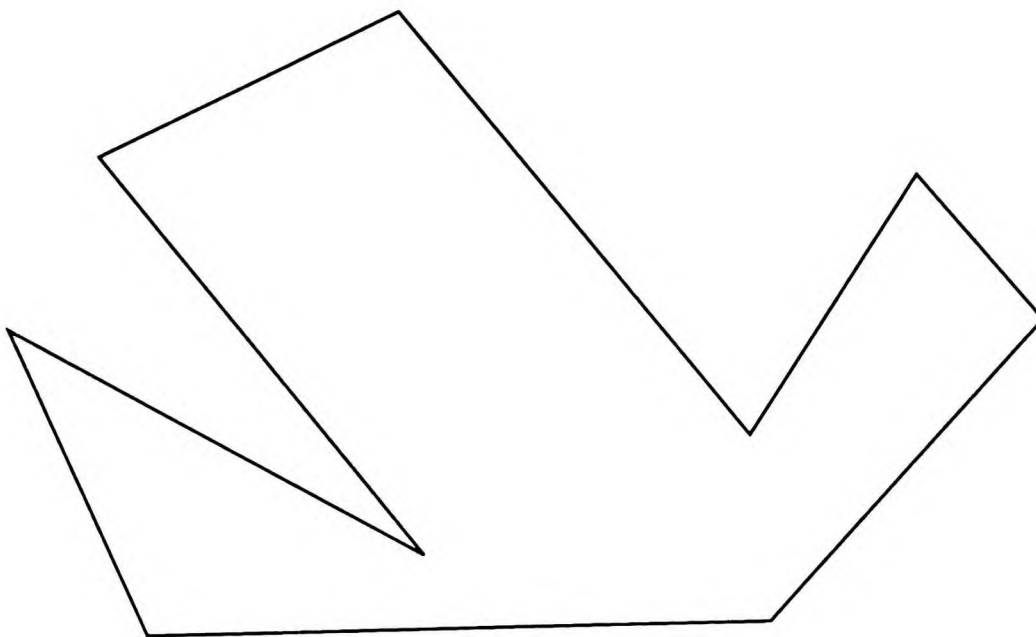
**Other patterns to consider:** Aches, Cleansing Emotional Confusion, Etheric Adjustment, Fearfulness, Negativity, Pancreas, Rejuvenation, Spleen, Throbbing Headache, Traumatic Events.



## ***Lyme Disease***

The major causes of susceptibility to lyme disease are past life energies of frustration, guilt, hate, hate of life and self, health abuse, despair, doom, hate of women and men, and failure.

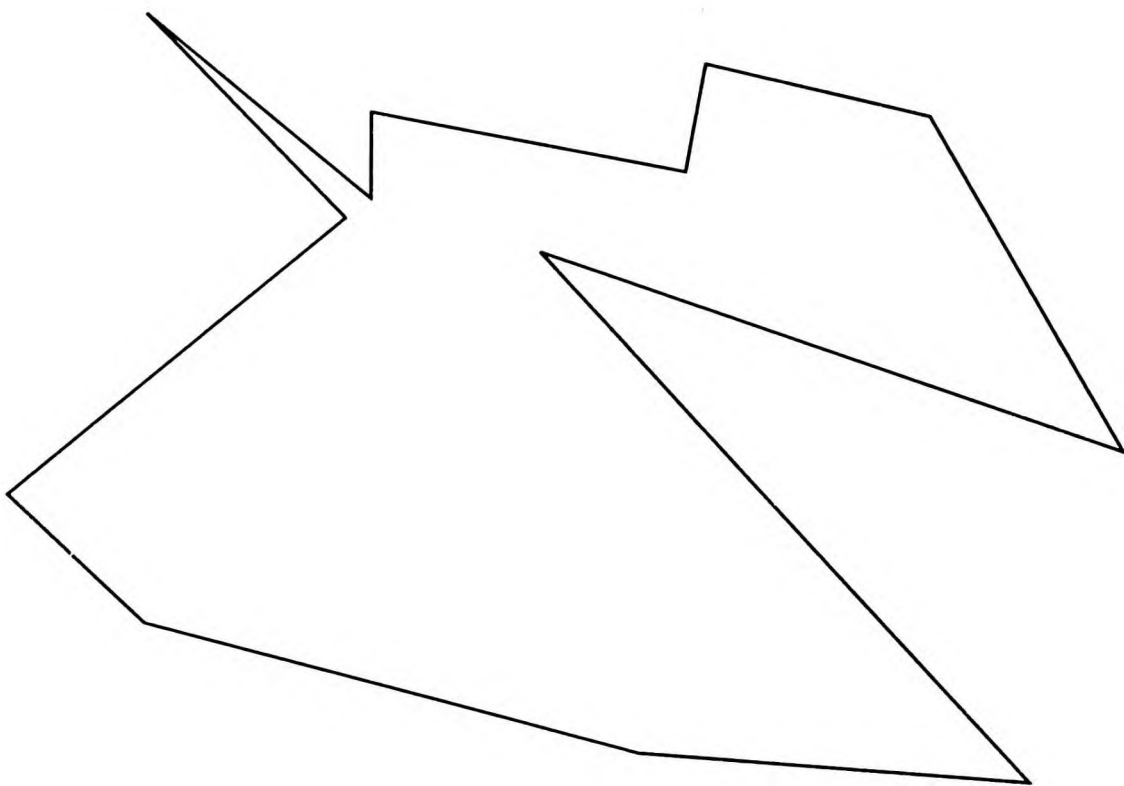
**Other patterns to consider:** Brain Wave Pattern, Cleansing Mental Confusion, Depression, Etheric Adjustment, Inner Strength, Negativity, Plaintive, Stress.



## ***Manic Depression***

The major cause of manic depression is misalignment of the cranial plates. Other causes are past life energies of frustration, helplessness, hate of women, fear of life, hate of life, hate of self, escapism, failure, sexual promiscuity, self-limitation, self-destruction and suicide of personal expression.

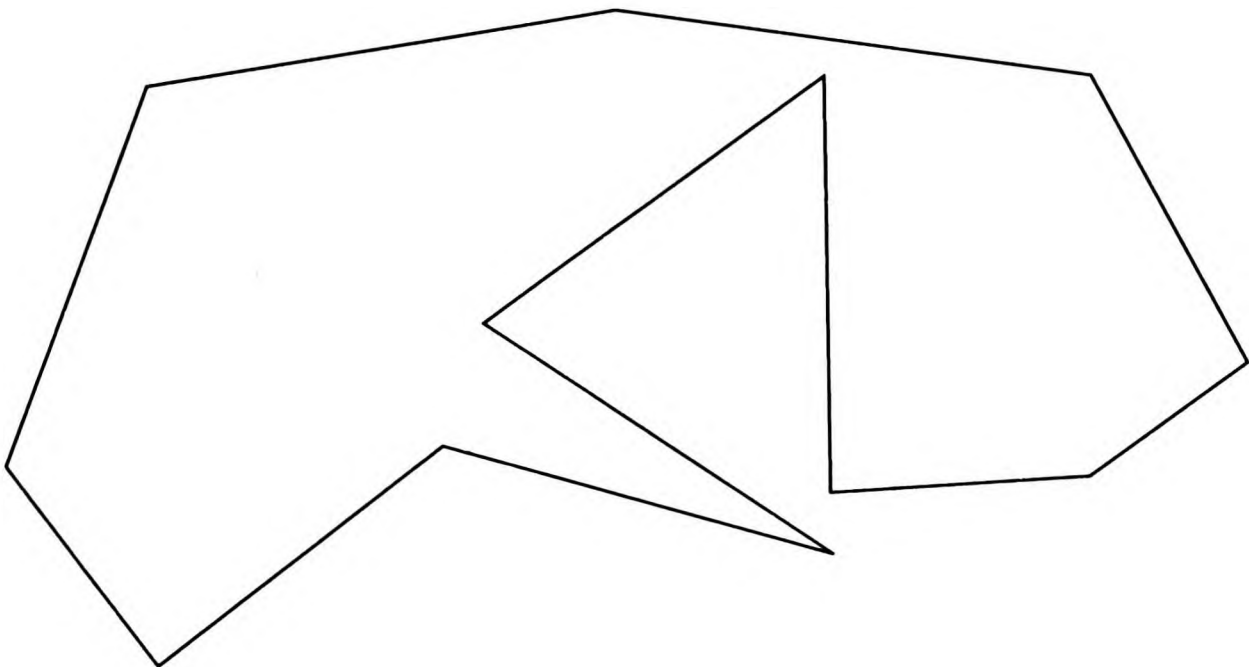
**Other patterns to consider:** Brain Wave Pattern, Feeling At Ease, Fearfulness, Inner Strength, Lifted Spirits, Over-Stimulation, Panic Attacks, Resistance.



## ***Manipulative***

This pattern may be used when you are in, or have been in, a situation or position where you are manipulated by others. Such a situation may have its roots in past lives with the carry-over energies of guilt and self-punishment.

**Other patterns to consider:** Adrenals, Energy Balancing, Lifted Spirits, Resistance, Traumatic Events.

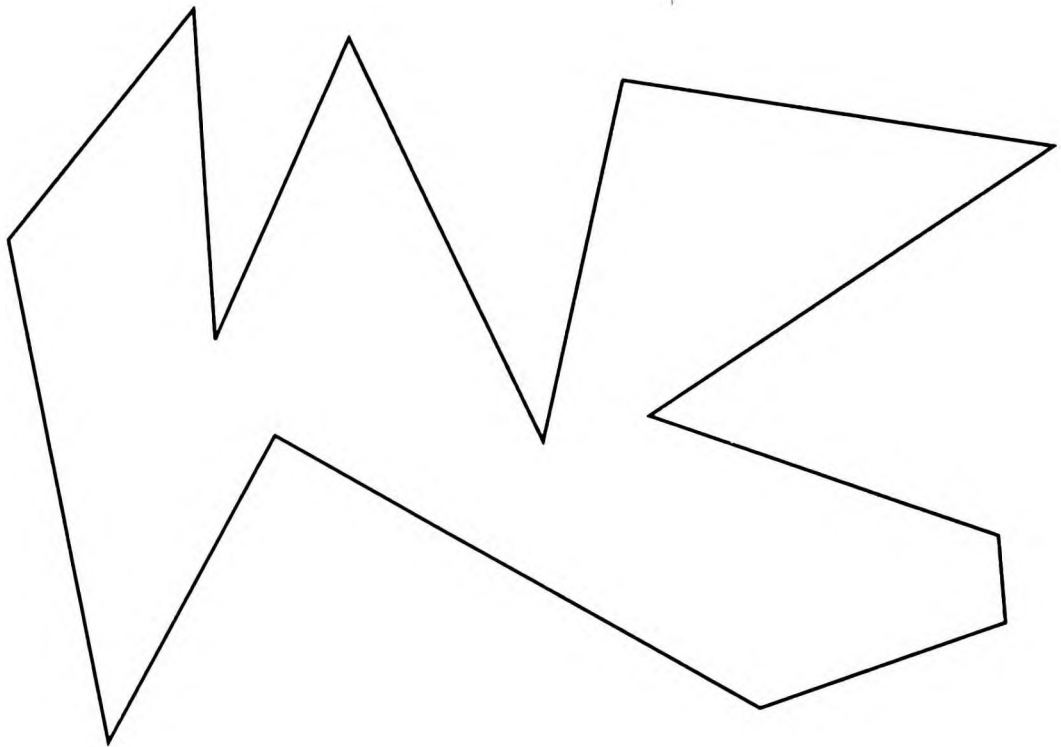




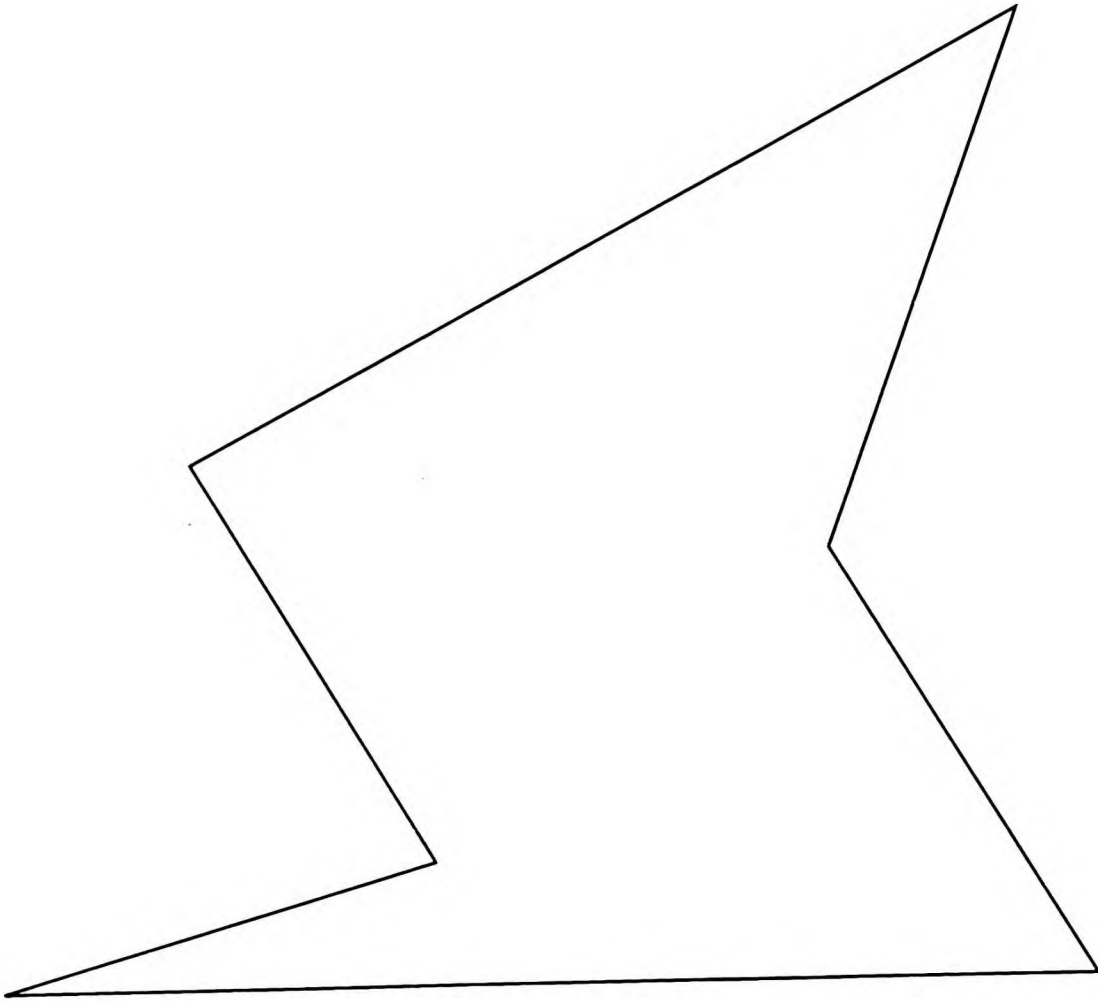
## ***Meningitis***

The primary cause is past life energies of hate, hate of life, hate of women, hate of men, hate of God, frustration, appeasement, injustice from others, depression and self-limitation.

**Other patterns to consider:** Brain Wave Pattern, Chemical Imbalance, Energy Balancing, Environmental Stress, Fearfulness, Feeling At Ease, Lifted Spirits, Over-Stimulation, Pancreas, Spleen, Worrying.



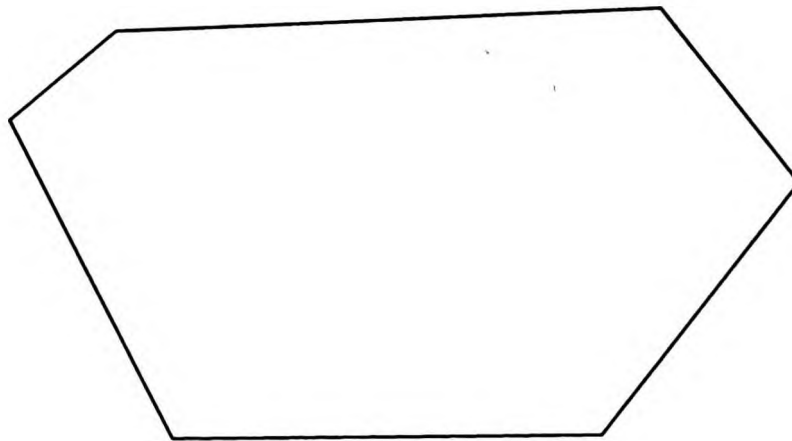
## ***Menopause***



## ***Mental Alertness***

This problem may be encountered after a heavy meal, a period of mental concentration, physical exertion or overwork.

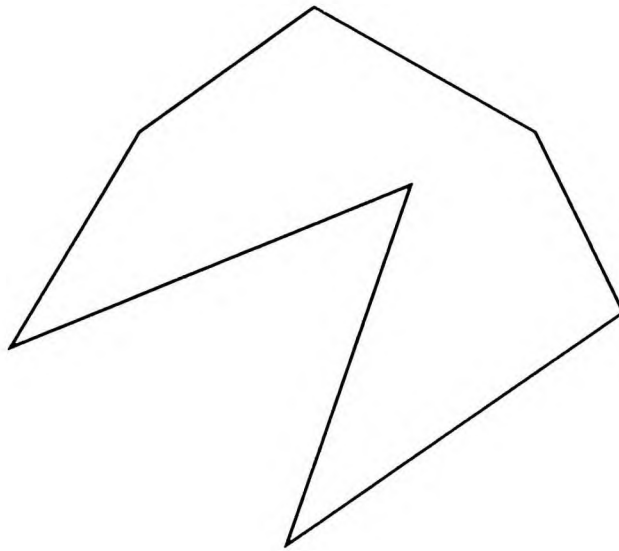
**Other patterns to consider:** Energy Boost, Fatigue, Inner Strength.



## ***Migraine***

Migraine headaches are often carried over from past lives where torture or other forms of injury have occurred. The energies are hate of men, hate of women, anger, frustration, fear, despair, self-destruction or anger at God.

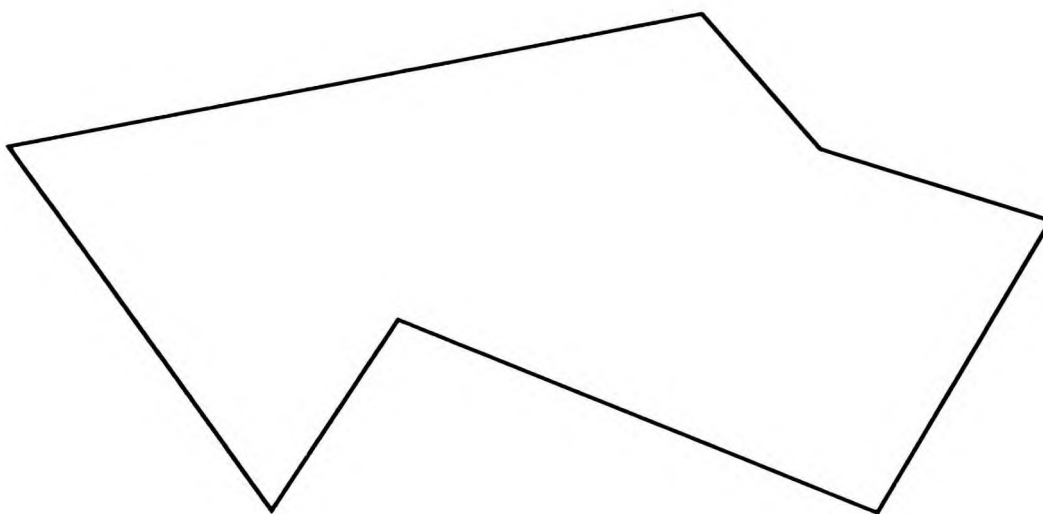
**Other patterns to consider:** Adrenals, Energy Balancing, Energy Boost, Feeling At Ease, Lifted Spirits, Pain, Rejuvenation, Too Keyed Up.



## ***Moodiness***

This is a good pattern to use when things don't go right and you become discouraged. It can be beneficial when you are discouraged with life, been in an argument, caught in a traffic jam or been insulted.

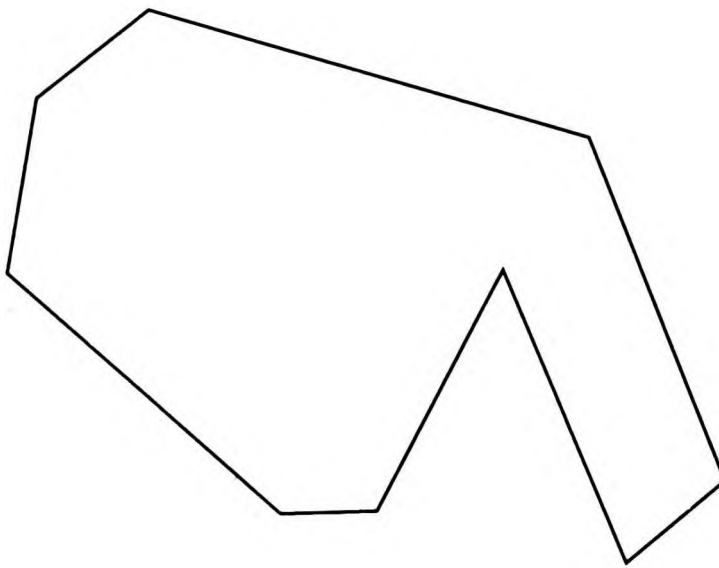
**Other patterns to consider:** Cleansing Mental Confusion, Despondency, Emotional Abuse, Negativity, Rejuvenation, Stress.



## ***Motion Sickness***

Use this pattern if you get sick while riding in a car, on a boat, in an airplane or any other moving vehicle.

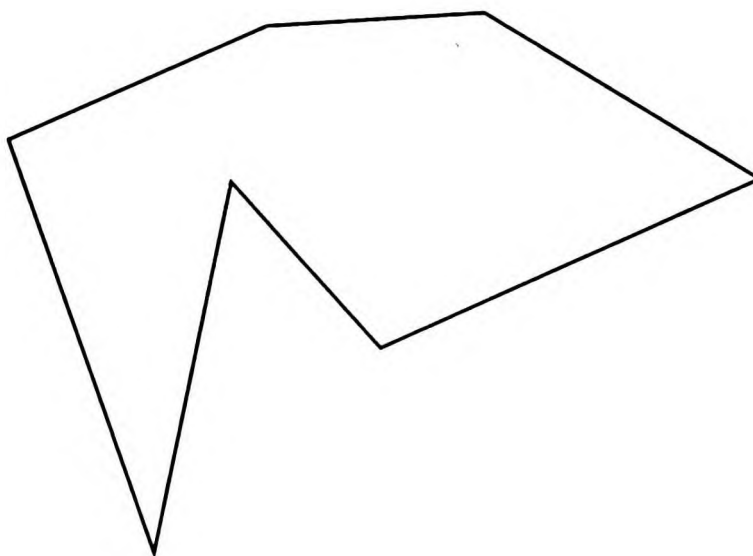
**Other patterns to consider:** Food Poisoning, Moodiness, Nausea and Vomiting, Panic Attacks, Stress, Too Keyed Up.



## ***Nausea and Vomiting***

Use this pattern if there is severe digestive stress, nausea or vomiting. There may or may not be fever.

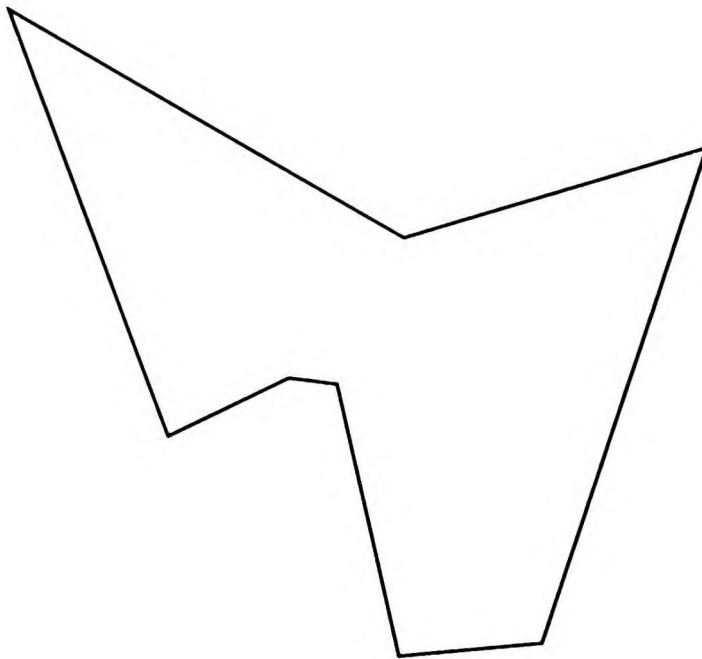
**Other patterns to consider:** Bulimia, Energy Boost, Flu, Pain, Rejuvenation, Sudden High Fever.



## ***Negativity***

A major cause of negativity is carry-over energy from past lives. The energies can be hate of life, hate of men, anger, fear, helplessness, guilt, depression, negativity and self-punishment.

**Other patterns to consider:** Addictive Habits, Depression, Fearfulness, Opening the Heart, Rejuvenation, Too Keyed Up.

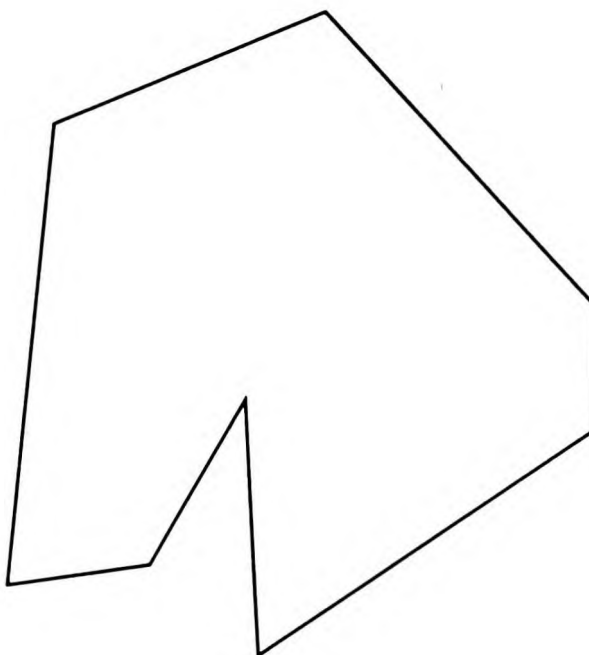




## ***Nerve Injuries***

Use this pattern for impingement of nerves due to physical trauma or misalignment of the body. Nerves in the teeth can be traumatized by dental fillings.

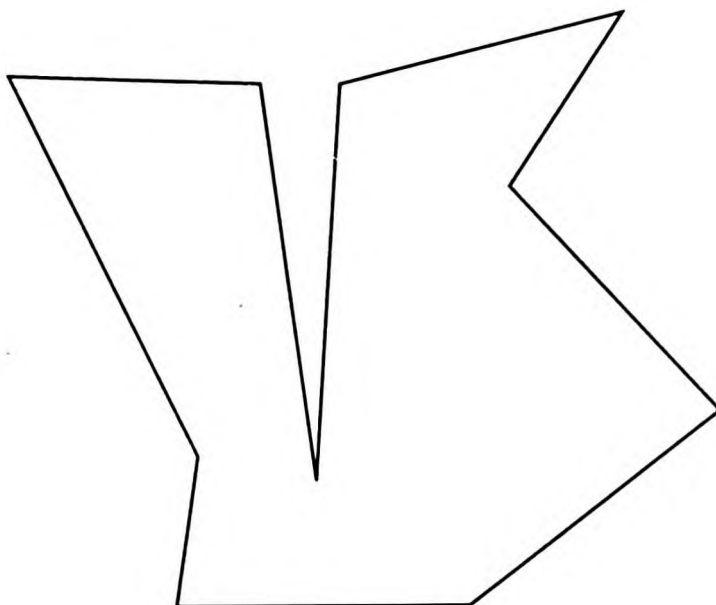
**Other patterns to consider:** Energy Balancing, Inner Strength, Tendonitis.



## ***Neutralizing Dental Amalgams (Fillings)***

High Self says that dental amalgams are a major cause of physical illness, including muscular sclerosis.

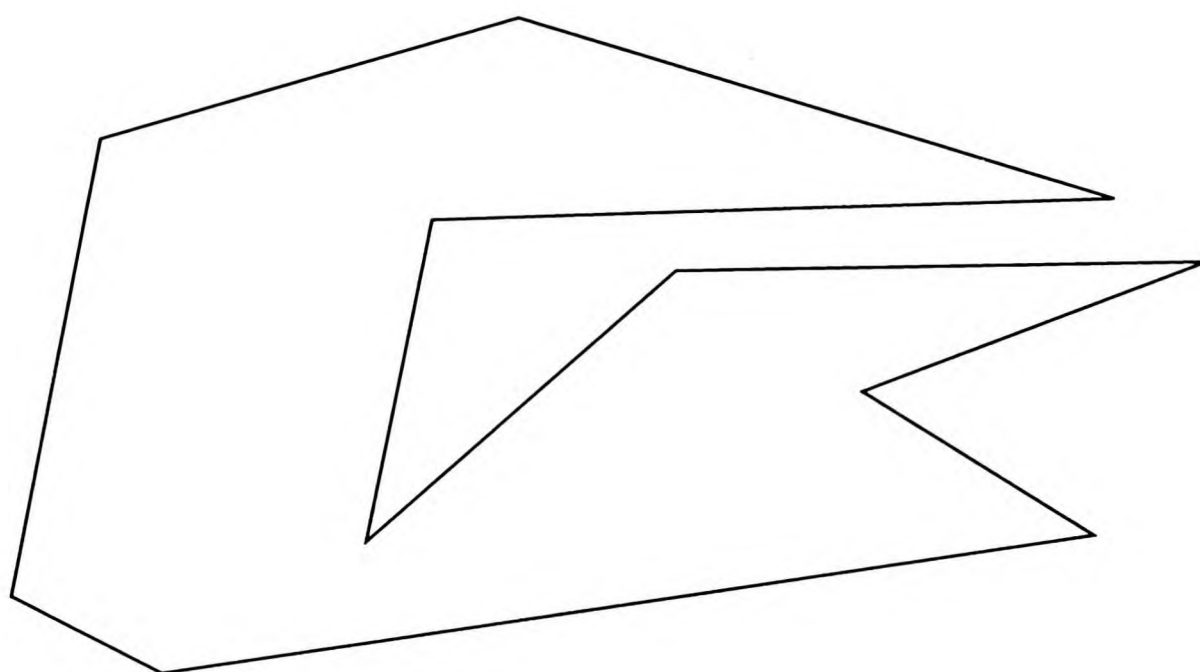
**Other patterns to consider:** Energy Boost, First Aid, Nerve Injuries, Pain.



## ***Objectivity***

Blocks to objectivity can be a result of the past life energies of hate of self, hate of life, helplessness, guilt, frustration, depression, self-punishment or failure. You could also have an imprint of brain damage from birth in this or past lives. Ask High Self to clear any imprints of brain damage.

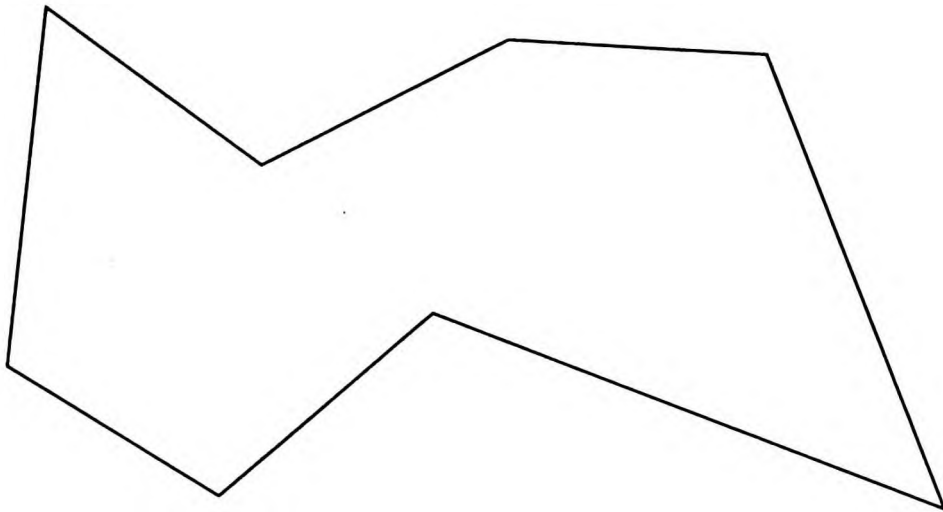
**Other patterns to consider:** Energy Balancing.



## ***Obstacles To Cure***

Obstacles to accepting spiritual healing have their roots in past lives. The energies are hate of God, hate of life, hate of women, helplessness, guilt, frustration, health abuse, appeasement of life, anger at self, depression, self-punishment, self-limitation and self-destruction.

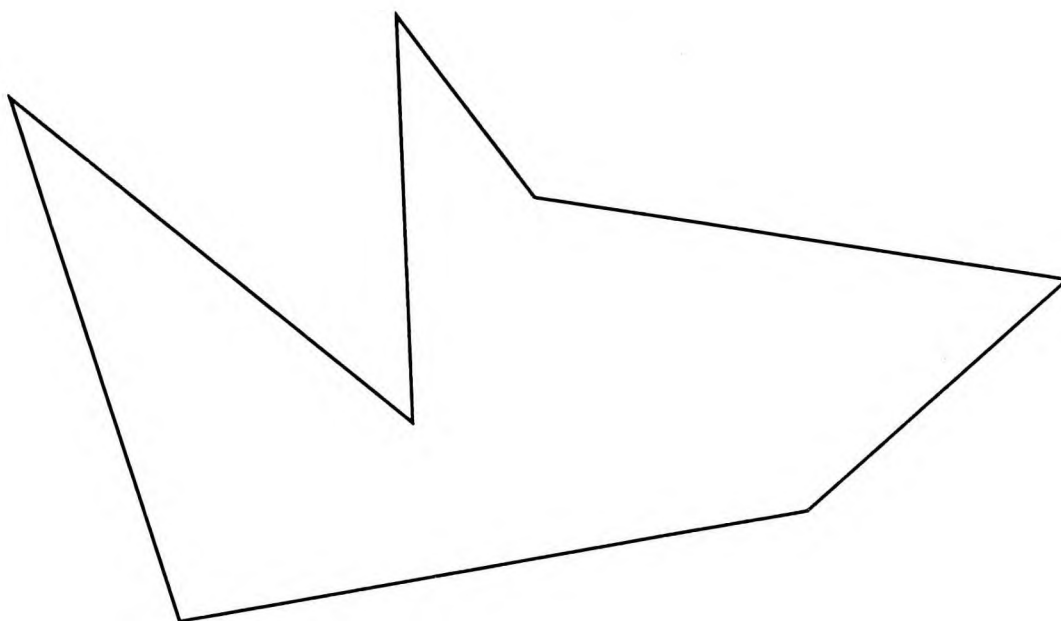
**Other patterns to consider:** Depression, Emotional Abuse, Error, Inner Strength, Objectivity, Spleen, Stimulating the Healing Response, Traumatic Events.



## ***Olfactory***

The past life reasons for nose difficulties are injury and torture. The carry-over energies are hate of God, hate of life, hate of self, hate, fear, anger, doom, frustration, failure, and self-punishment.

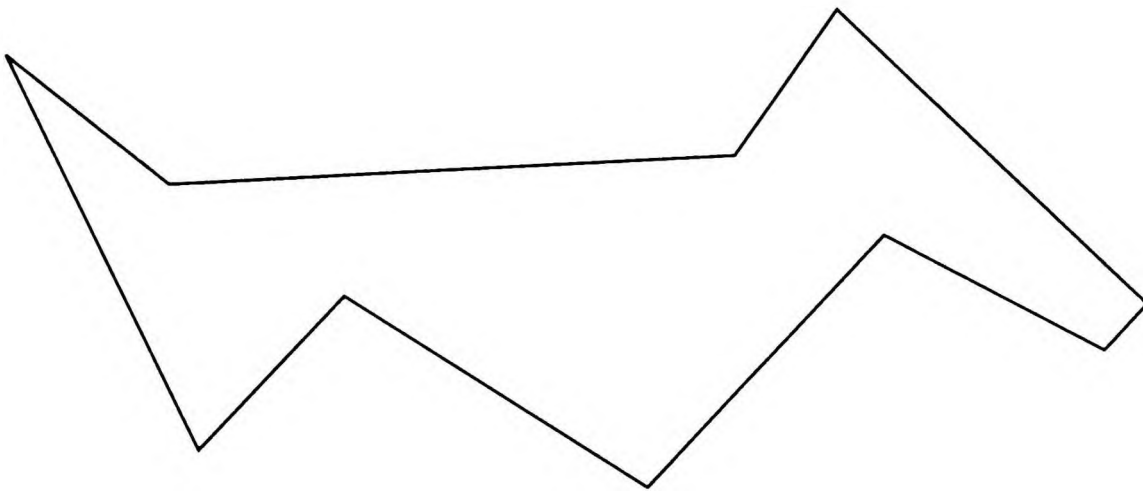
**Other patterns to consider:** Aches, Brutality, Environmental Stress, First Aid, Physical Injury, Spleen, Too Keyed Up, Traumatic Events.



## ***Opening the Heart***

Blocks to opening the heart are always rooted in past lives. The energies are hate of men, hate of women, hate of God, despair, anger at life, doom, failure, and self-limitation.

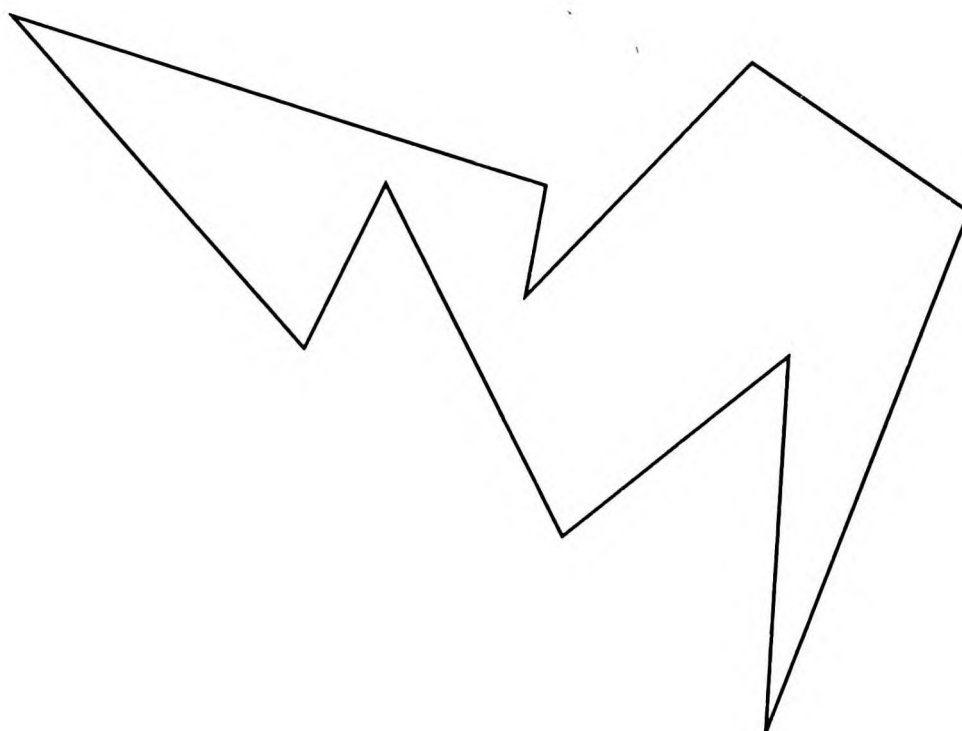
**Other patterns to consider:** Despondency, Emotional Abuse, Fearfulness, Healing Time Flow, Manipulative, Panic Attacks, Rejuvenation, Skepticism.



## ***Operations, Healing Assist***

Ask High Self for the application of the chart in Figure 1, Direct Healing and Colors Chart. You can also ask for Angels Of Light to assist in the operation.

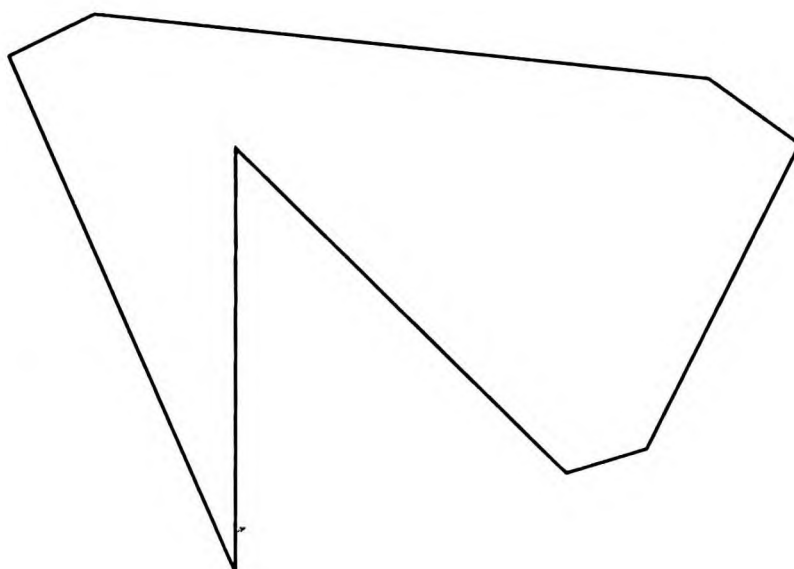
**Other patterns to consider:** Energy Balancing, First Aid, Obstacles To Cure, Resistance, Stimulating the Healing Response.



## ***Over-Stimulation***

Getting overly excited can cause a drain on mental, emotional and physical energy. It can also cause tension headaches, distressed stomach and other problems.

**Other patterns to consider:** Energy Balancing.

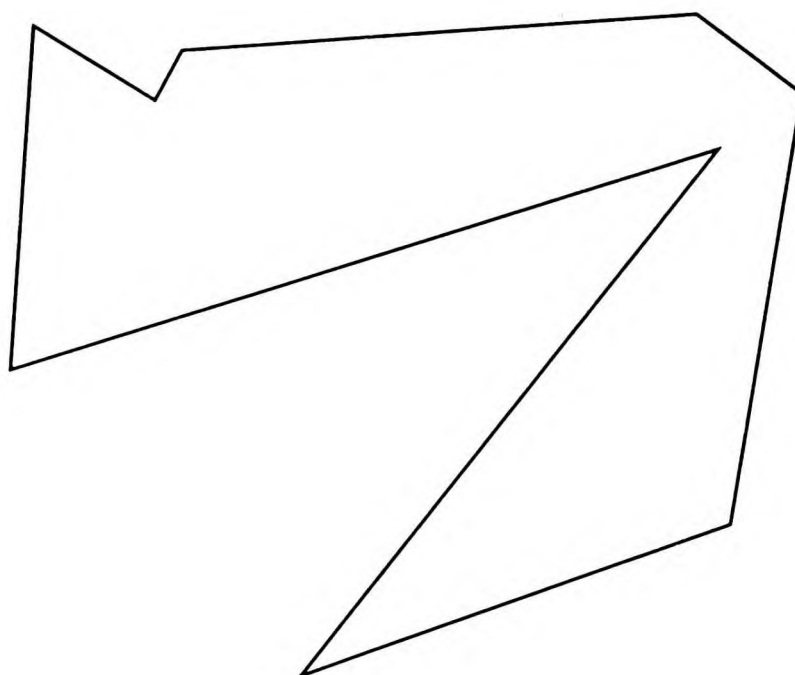




## ***Overweight***

Overweight is one of the most difficult problems that many people have. The causes of overweight are legion and many of them are involved in past lives. The energies are fear, anger, hate of God, hate of life, hate of self, frustration, helplessness, guilt, alcoholism, depression, self-punishment, self-limitation, self-destruction, doubt of life and suicide.

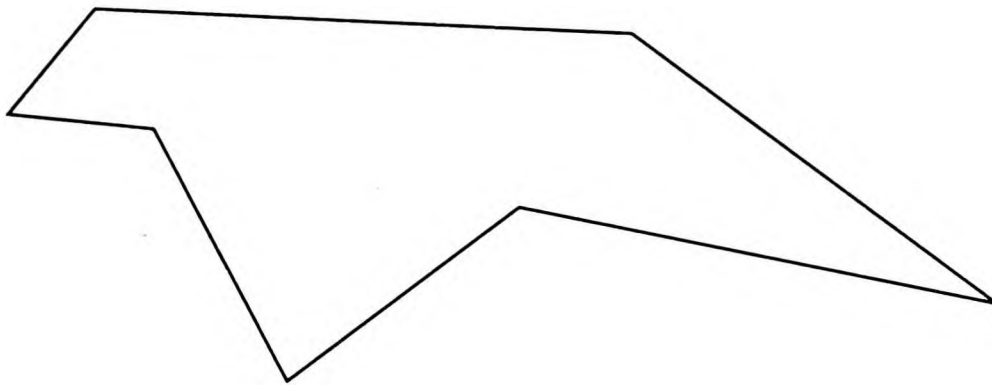
**Other patterns to consider:** Despondency, Fearfulness, Parasites, Resistance, Too Keyed Up.



## ***Pain***

This pattern can be used for pain anywhere in your body. Sometimes the cause is in the present life. However, the major cause of pain is past lives where the body has been seriously injured. Injury can be by sword, spear, arrows, beheading, gunshot, operations, etc. In the case of neck pain, the cause can be hanging. Often the pain is gone when the past lives are cleared.

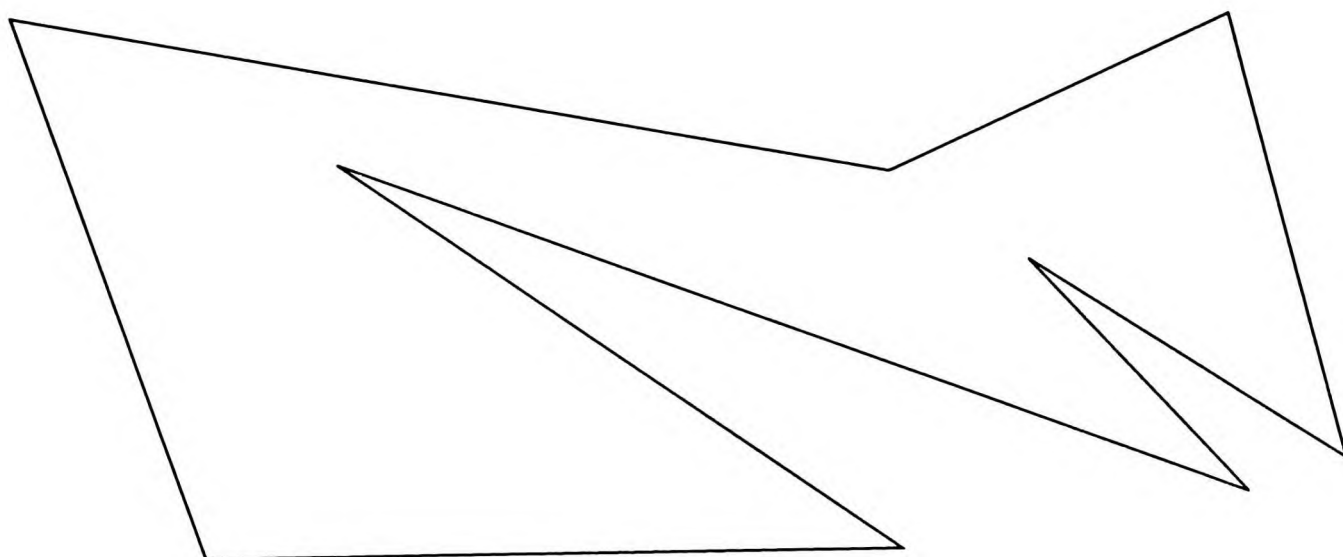
**Other patterns to consider:** Aches, Back Muscle Spasms, Depression, Energy Boost, Fearfulness, Rejuvenation, Too Keyed Up, Traumatic Events.



## ***Pancreas***

Excessive use of sweets can cause over-stimulation of the pancreas which can eventually cause diabetes. There can also be past life causes of diabetes or an allergic reaction to sugars which can appear as diabetes. Often the allergic reaction to sugar is based on being killed by serpents or spiders in a sugarcane field. It can also be caused as a result of being seriously harmed while engaged in sugar production. The primary energy from past lives is fear of being harmed again.

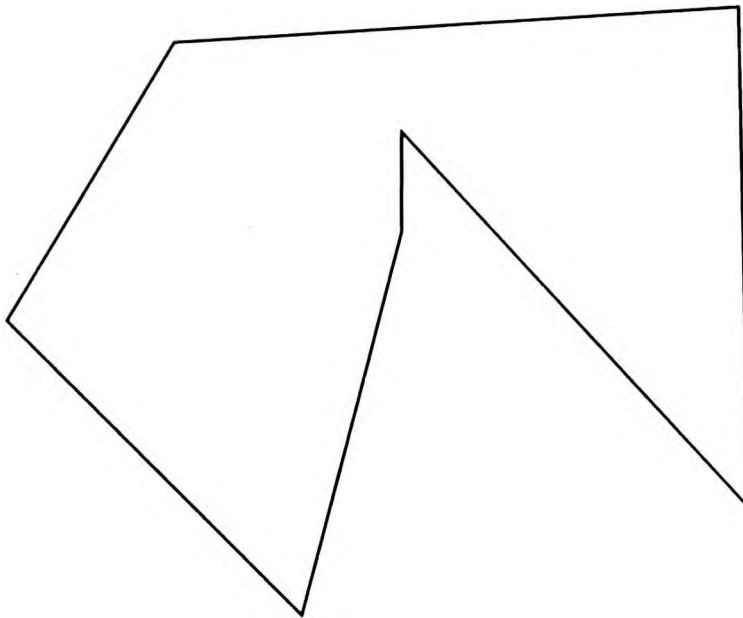
**Other patterns to consider:** Bulimia, Environmental Toxicity, First Aid, Inner Strength, Over-Stimulation, Resistance, Stimulating the Healing Response, Toxicity.



## ***Panic Attacks***

There are many causes of panic attacks: a sense of insecurity, fear of being harmed, even a belief that life is extremely dangerous and difficult. Much of this can be based in past lives where you experienced harm, lack or limitation, cold, hunger or even starvation.

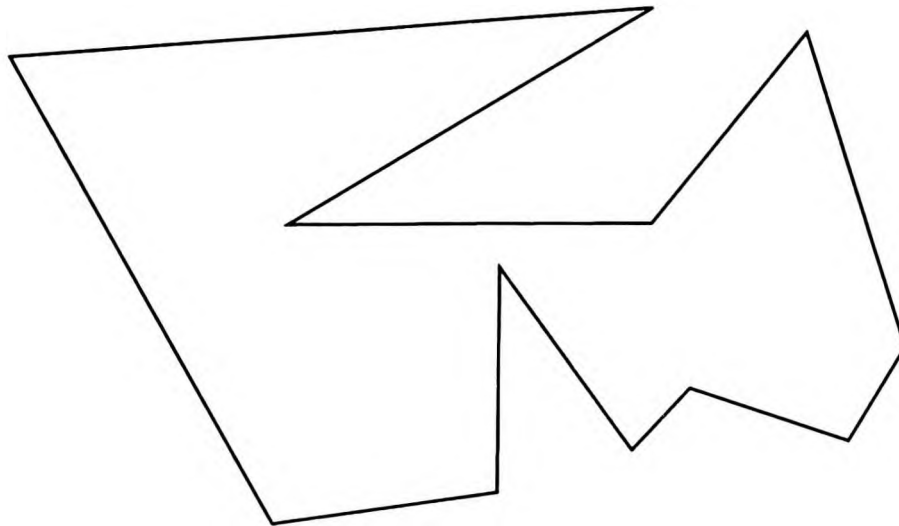
**Other patterns to consider:** Adrenals, Business Pressure, Depression, Etheric Adjustment, Fearfulness, Inner Strength, Over-Stimulation, Stress.



## ***Parasites***

Parasites are a major cause of many physical problems within the body. This pattern should be used for at least ten days in a row in order for the parasites and their eggs, once they hatch, to be cleared. Then, you can ask for the application of the Direct Healing and Colors Chart in Figure 1 on a daily basis to keep them cleared.

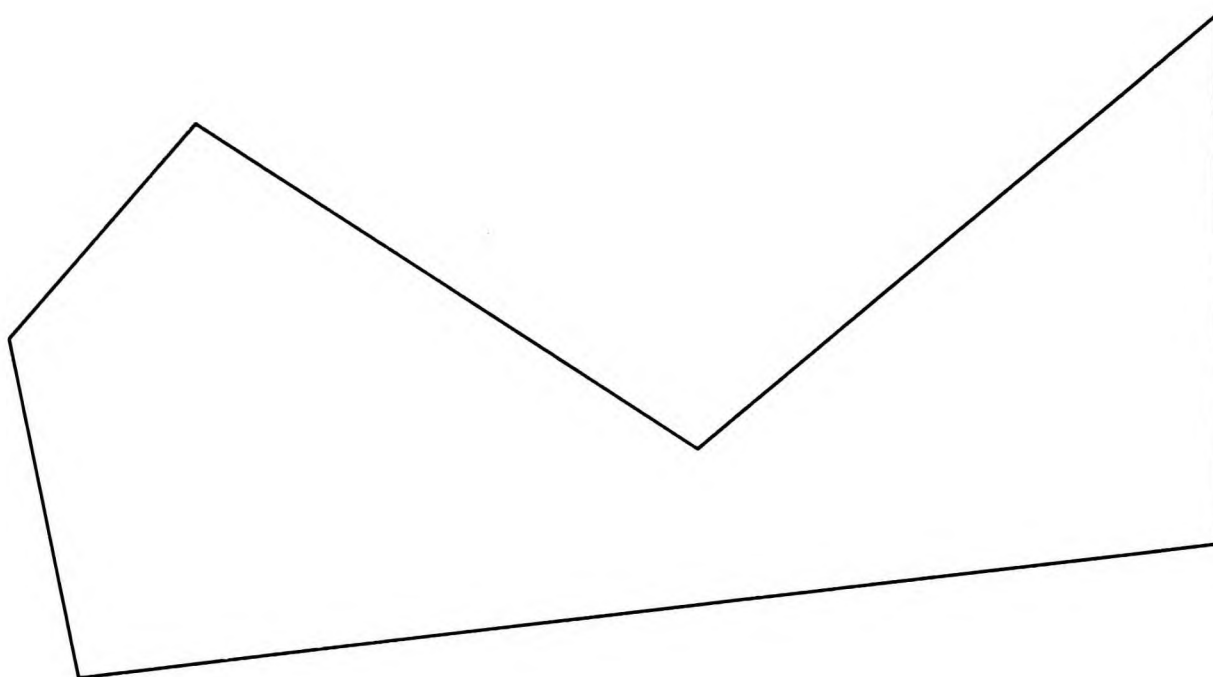
**Other patterns to consider:** Endocrine System, Fearfulness, Obstacles To Cure, Overweight, Stimulating the Healing Response.



## ***Parathyroid***

Problems with the parathyroid are based one hundred percent in other lives. The carry-over energies are hate of God, hate, guilt, anger, forsaken by God, frustration, depression, self-destruction and self-limitation.

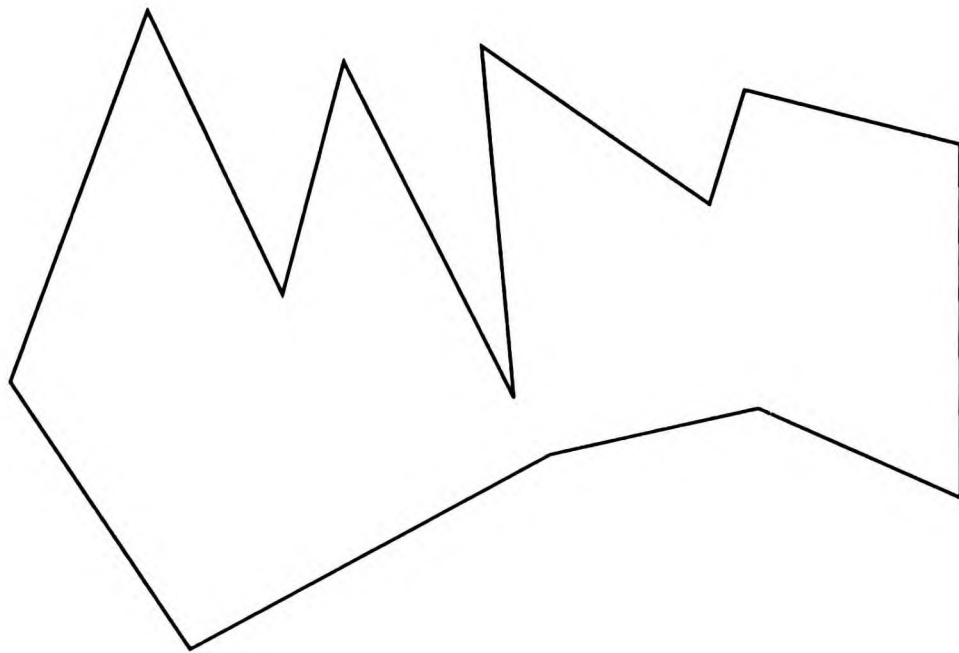
**Other patterns to consider:** Adrenals, Cleansing Emotional Confusion, Energy Boost, Feeling At Home In Your Body, Inner Strength, Opening the Heart, Rejuvenation, Skepticism.



## ***Parkinson's Disease***

Parkinson's Disease is caused one hundred percent by the past life carry-over energies of frustration, guilt, hate of women, men, self, life and God, intense health abuse, fear, forsaken by God, depression, and helplessness.

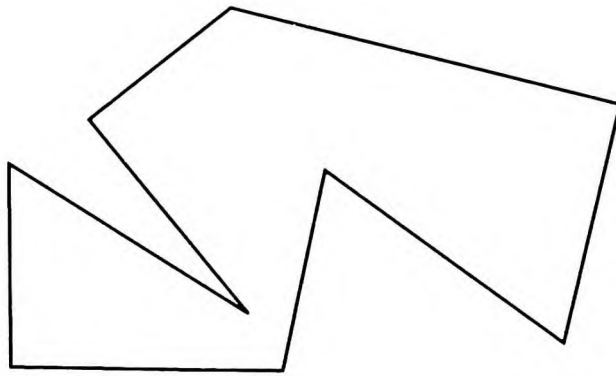
**Other patterns to consider:** Chemical Imbalance, Etheric Adjustment, Negativity, Stress, Too Keyed Up.



## ***Persistent Cough***

A persistent cough may have it's cause in past lives. The major causes are death by fire, drowning, hanging and torture, poison gas used in war or chemicals used in industry. Present life causes are disease, smoking and chemical sensitivity.

**Other patterns to consider:** Addictive Habits, Chemical Imbalance, Environmental Toxicity, First Aid, Inner Strength, Opening the Heart, Pollution Protection, Spleen, Stress.

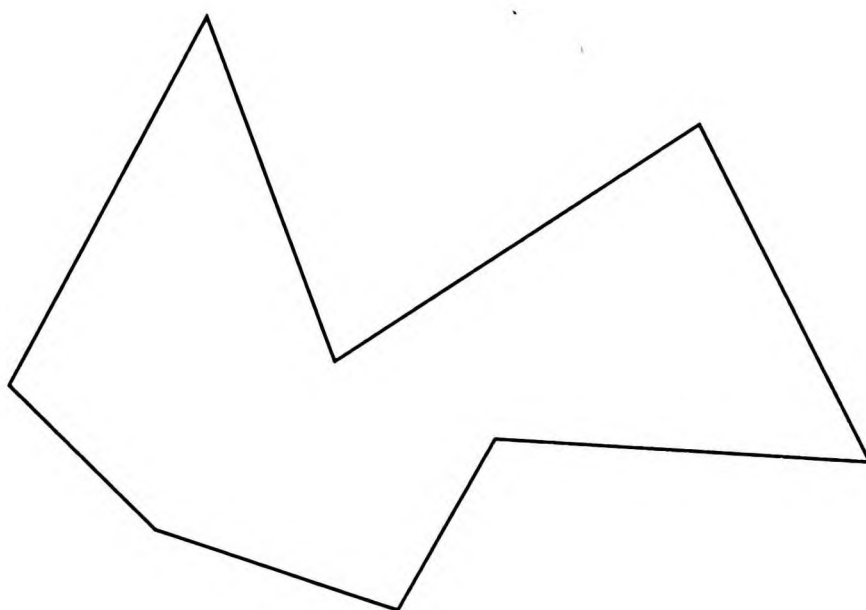




## ***Phlebitis***

High Self says that death by fire in past lives is the only cause. The energies are frustration, hate of God, hate of men and women, guilt, anger, alcoholism, depression, self-punishment, self-limitation.

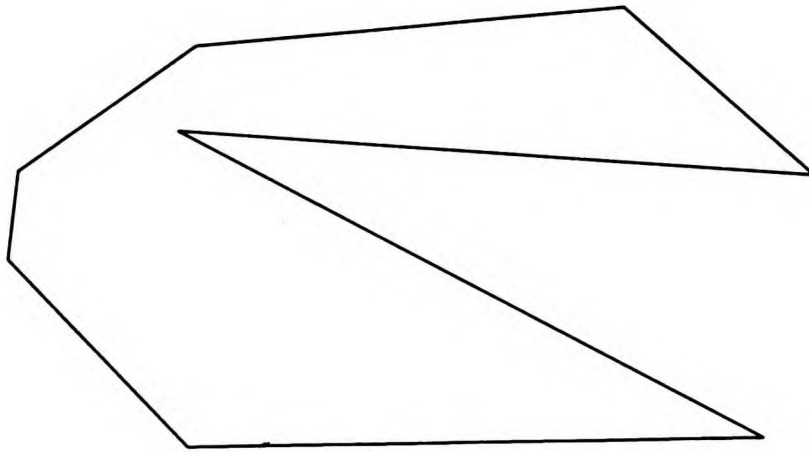
**Other patterns to consider:** Brutality, Emotional Abuse, Energy Balancing, Fearfulness, Negativity, Over-Stimulation, Rejuvenation, Too Keyed Up.



## ***Physical Injury***

This pattern is useful when there has been a blow to the body, a fall or physical shock. Sometimes we set ourselves up for injury based on past life energies of self-punishment or self-limitation because we have harmed others and we believe that being harmed in this life will balance the scales.

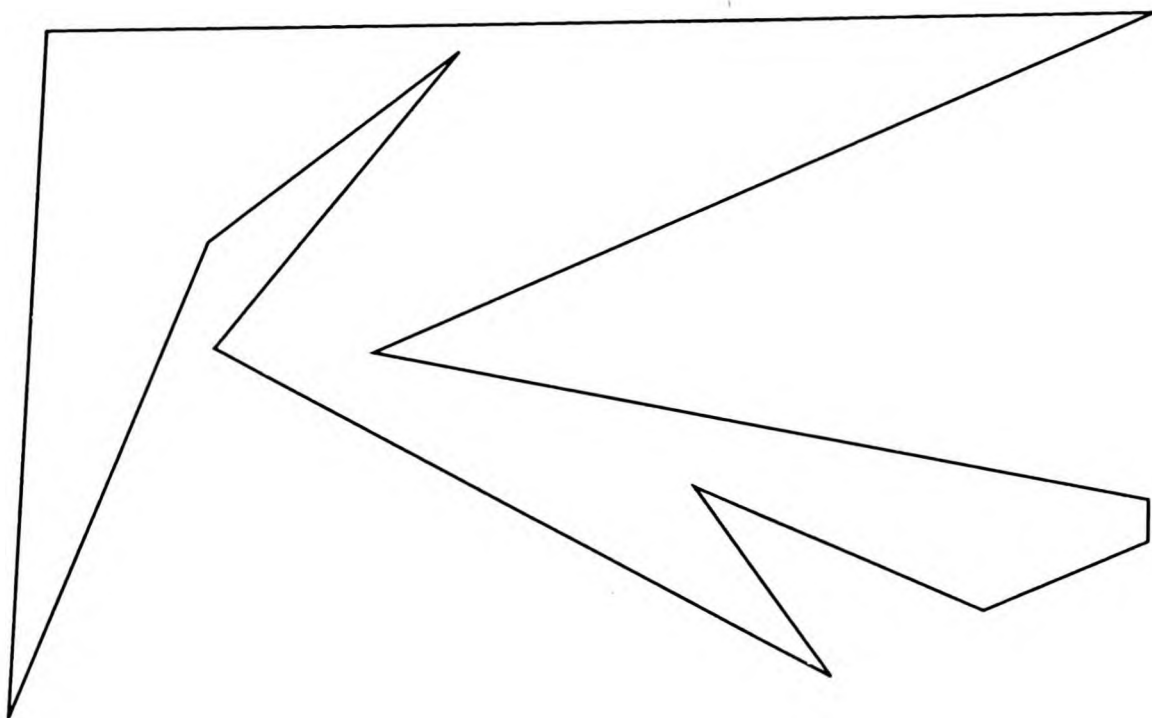
**Other patterns to consider:** Aches, First Aid, Pain, Sports Injuries, Traumatic Events.



## ***Plaintive***

Webster's dictionary says "plaintive" means expressive of suffering or woe. It is easy to get into a habit of looking for and finding the worst possible scenario on life. This pattern can help you break the habit of being plaintive if you desire to do so and, if you are persistent and dedicated.

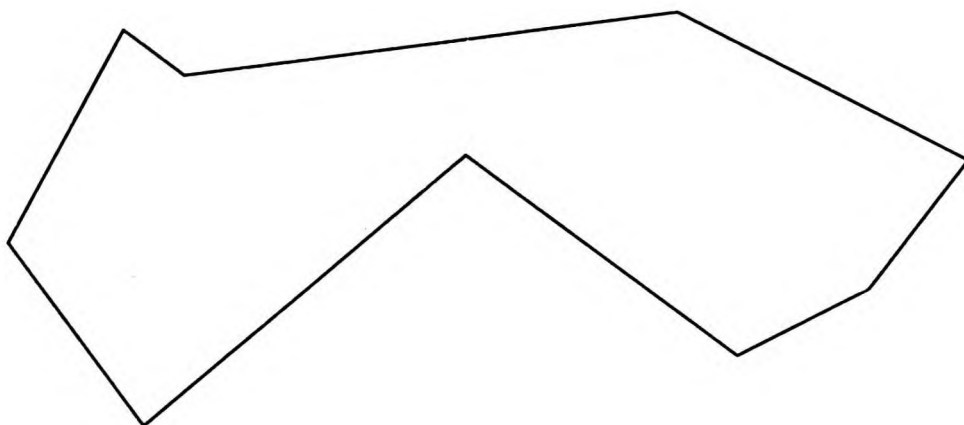
**Other patterns to consider:** Brain Wave Pattern, Despondency, Error, Feeling At Ease, Moodiness, Regularize Erratic Lifestyle, Traumatic Events.



## ***Poison Ivy***

Some people are allergic to poison ivy and others are not. The allergy usually has its roots in past lives where the person was poisoned by atomic radiation fall-out from nuclear war. The past life allergy can be cleared and the person will be free from reaction to poison ivy.

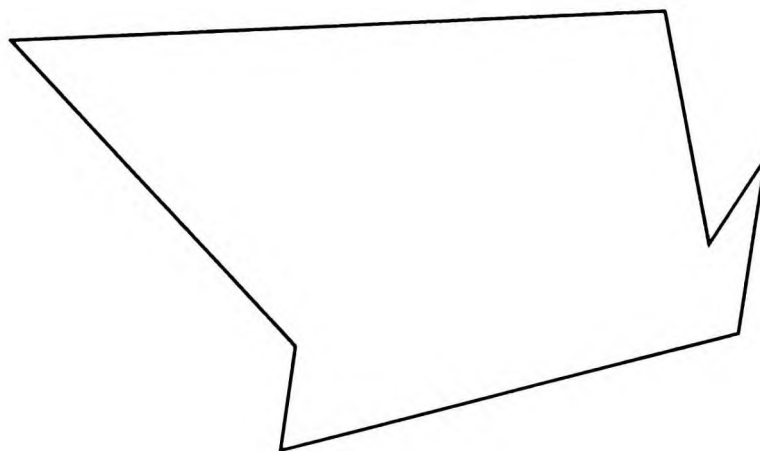
**Other patterns to consider:** Environmental Sensitivity, First Aid, Healing Time Flow, Opening the Heart, Panic Attacks.



## ***Poison Oak***

High Self says allergic reaction to poison oak has its roots in past lives involving atomic radiation or chemical warfare about sixty percent of the time. The carry-over energies are hate, fear, anger and self-limitation.

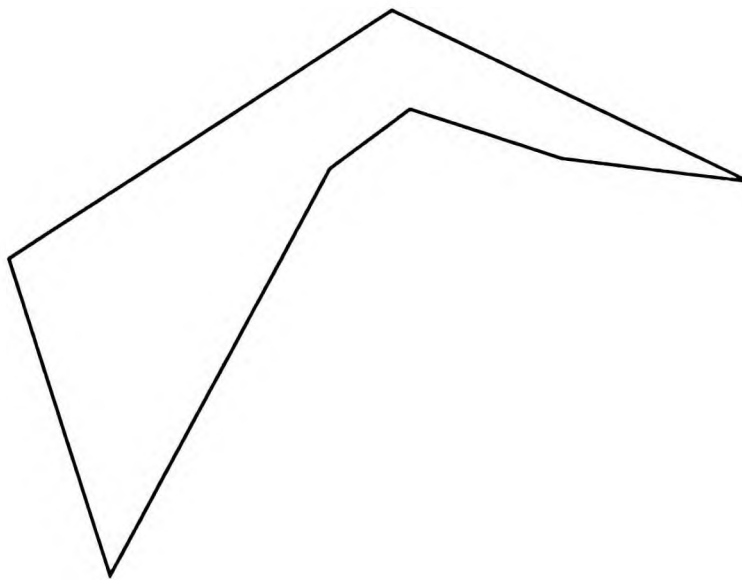
**Other patterns to consider:** Environmental Sensitivity, First Aid, Healing Time Flow, Panic Attacks, Pollution Protection, Traumatic Events.



## ***Pollution Protection***

About eighty-five percent of reactive energy to pollutants is caused by past lives. The carry-over energies are fear, hate of God, hate of self, hate of men, health abuse, anger at life, doom and terror.

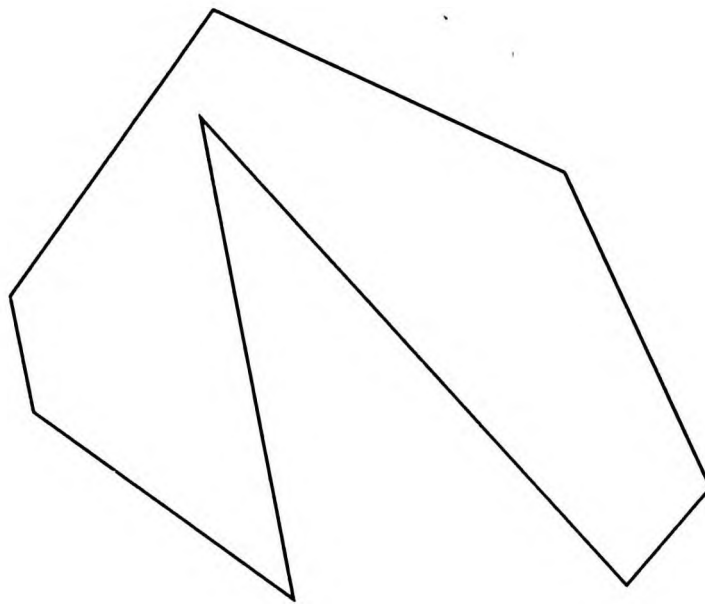
**Other patterns to consider:** Adrenals, Energy Balancing, Environmental Toxicity, Fearfulness, Obstacles To Cure, Rejuvenation, Smog.



## ***Pre-Menstrual Syndrome***

Ninety-six percent of this problem has its roots in past lives and involves sexual torture. The carry-over energies are hate of men, hate of women, hate of God, fear, hate, helplessness and despair.

**Other patterns to consider:** Depression, Emotional Abuse, Etheric Adjustment, First Aid, Opening the Heart, Resistance, Spleen, Traumatic Events.

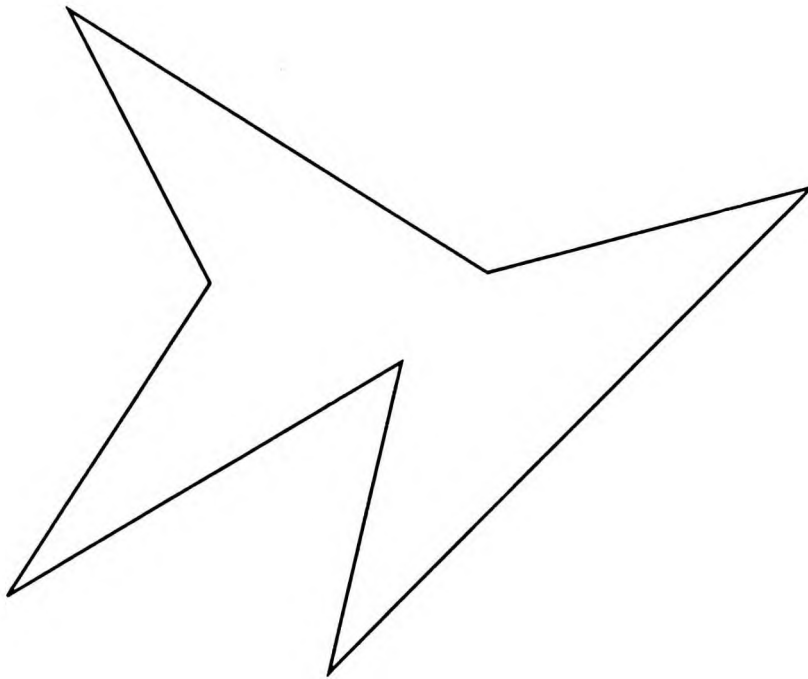


## ***Regularize Erratic Lifestyle***

This pattern can help you overcome persistent bad habits that may be blocking and limiting your life. Such habits could include irregular or bad eating patterns, taking drugs, drinking alcohol, smoking or use of other stimulants that are harmful to the body, keeping late hours, poor study habits, procrastination eating, or uncontrolled emotions.

Everyone has free will to demonstrate their individual life any way they choose. When you have a desire to change your life, you have to use your will to assist in breaking old limited habits.

**Other patterns to consider:** Dalliance, Error, Feeling At Ease, Hurrying, Hysteria, Objectivity, Over-Stimulation, Stress.

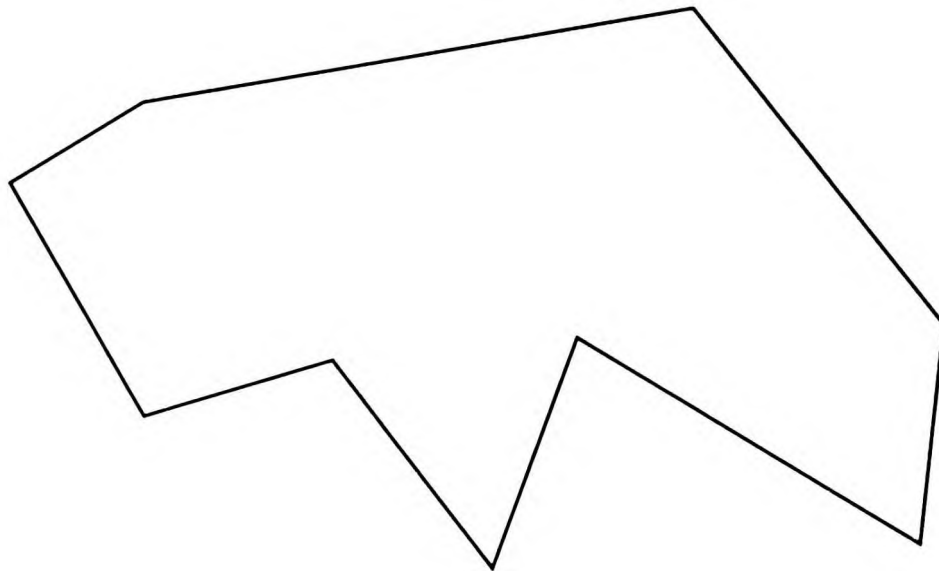




## ***Rejuvenation***

This pattern can be very useful when you are feeling exhausted or are suffering from mental, emotional or physical stress. It can also be used when you are recovering from a physical challenge or illness, or you are facing some ordeal that can be challenging.

**Other patterns to consider:** Brutality, Cleansing Emotional Confusion, Cleansing Mental Confusion, Depression, Etheric Adjustment, Hurrying, Mental Alertness.

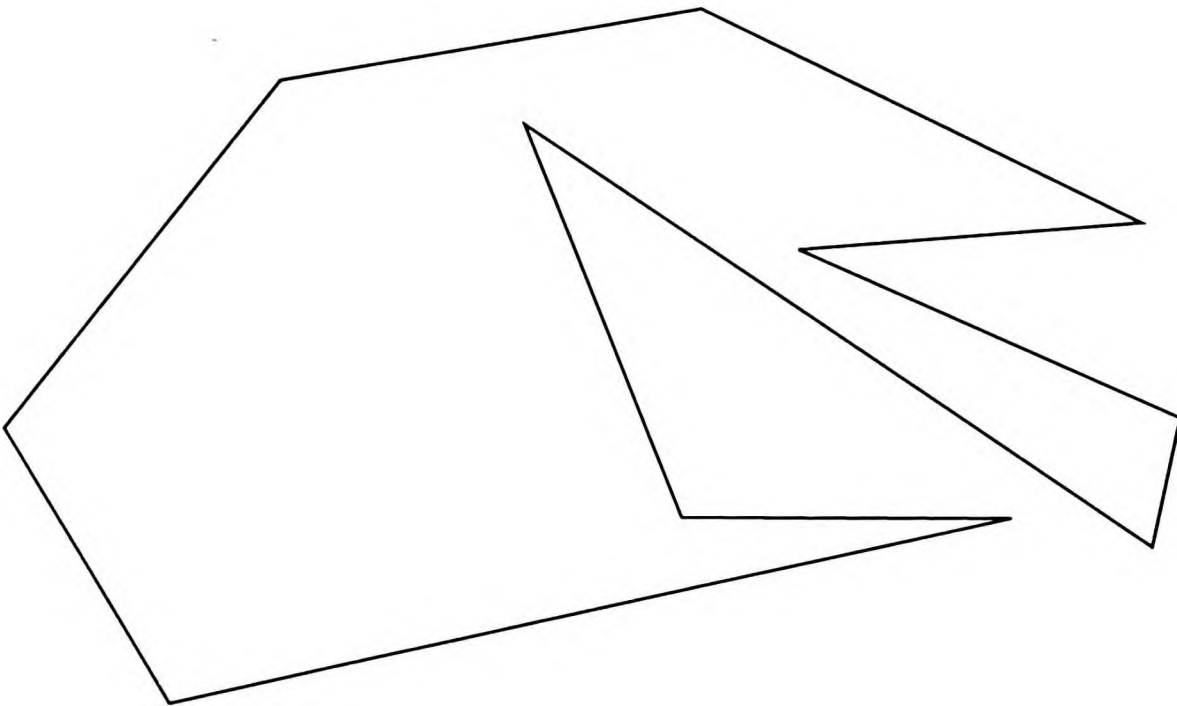


## ***Religiosity***

This pattern is beneficial when you are being attacked by someone who is pressuring you about your religious beliefs. High Self may also indicate that you are too caught up in religious beliefs and are out of balance.

When a person believes that they have the only right religion and all other religious beliefs and the people who hold them are in error, they may be trying to compensate for past lives where they were totally out of balance. High Self says that many of those people were very caught up in black magic, witchcraft and other forms of false practices. Now, in this life, they are ultraright and just as far out of balance in the other direction as they were in the past lives.

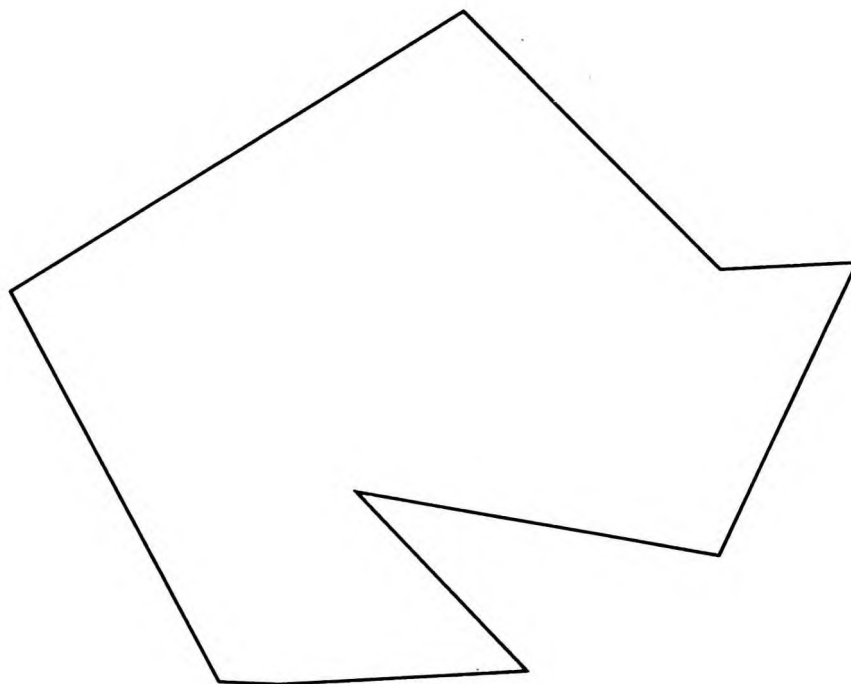
**Other patterns to consider:** Addictive Habits, Cleansing Emotional Confusion, Etheric Adjustment, Feeling At Ease, Inner Strength, Over-Stimulation, Rejuvenation, Traumatic Events.



## ***Repetitive Strain Injury***

Use this pattern when some part of your body seems to be subject to repeated strain or injury.

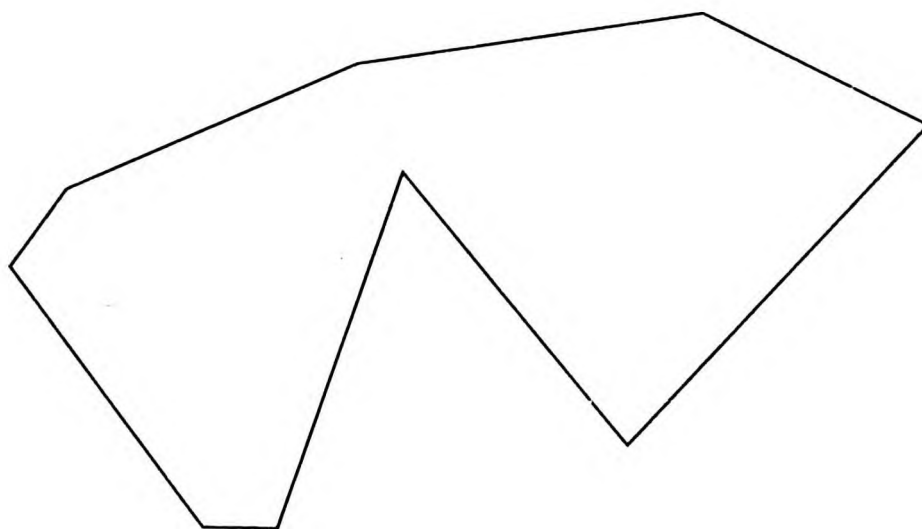
**Other patterns to consider:** Aches, Adrenals, Energy Balancing, Energy Boost, Obstacles To Cure, Physical Injury, Rejuvenation, Stress, Too Keyed Up.



## ***Resistance***

Resistance to change is, for the most part, a normal and usually healthy response. Sometimes resistance to change is inappropriate and High Self may indicate the use of this pattern.

**Other patterns to consider:** Addictive Habits, Brutality, Cleansing Mental Confusion, Despondency, Energy Boost, Jaundice, Plaintive, Sniveling, Stimulating the Healing Response, Stress.

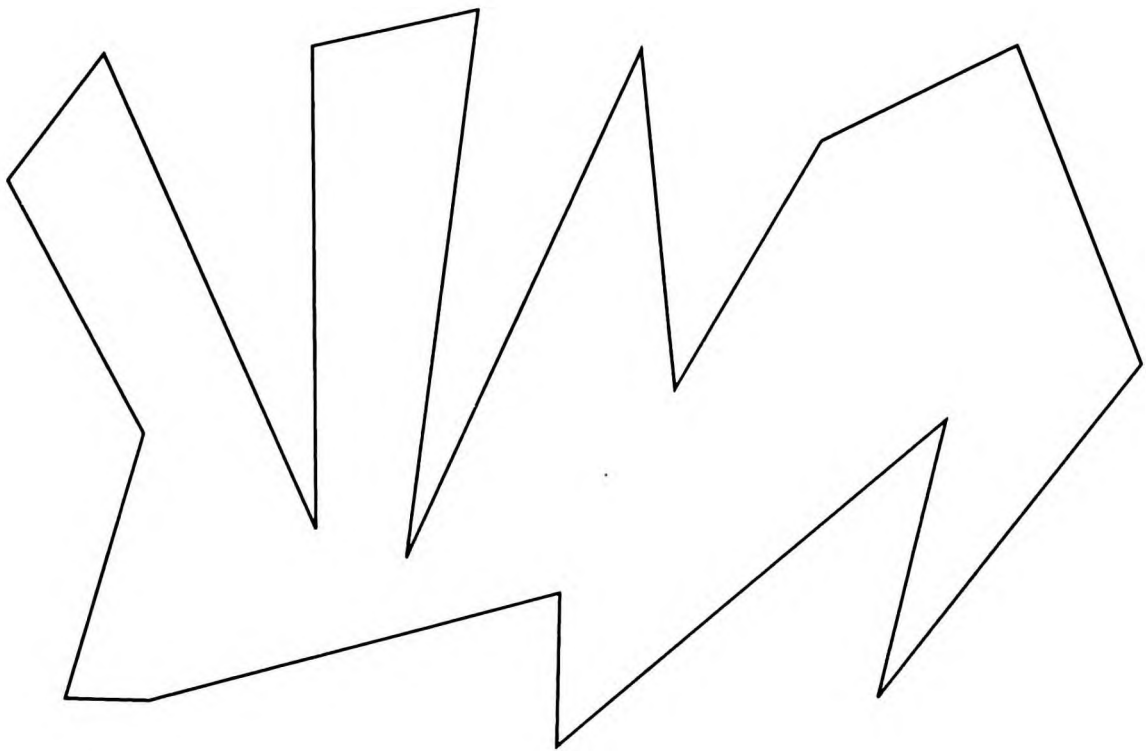


## ***Respiratory Stress***

The major cause of respiratory stress is chemical warfare. This includes fumes from explosives, fire, poison gas, biological weapons and other noxious fumes. Other causes are industrial fires, forest fires and prairie fires where death occurs.

The past life energies are fear, helplessness, hate of life, hate of men, hate of women, cruelty, self-punishment and revenge.

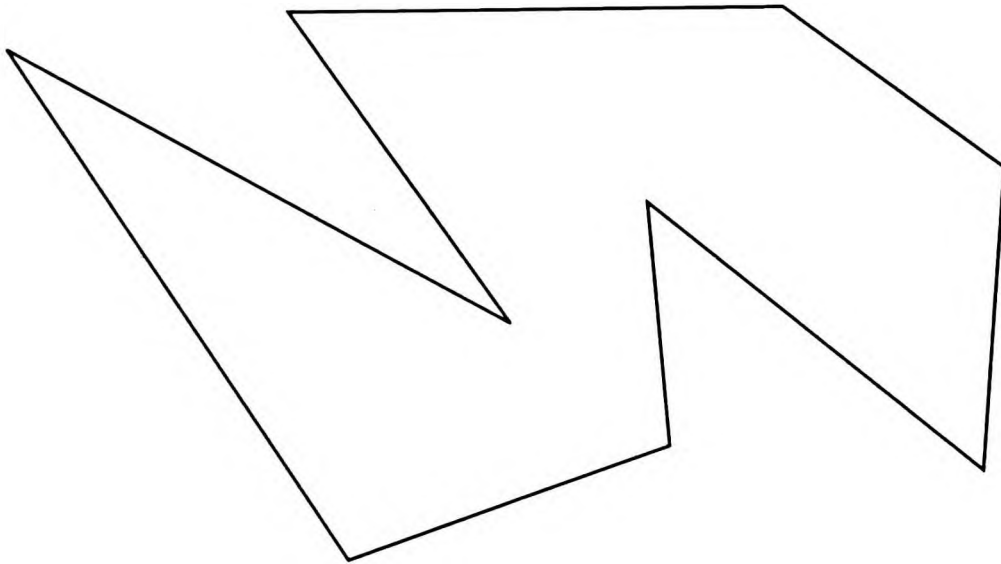
**Other patterns to consider:** Addictive Habits, Chemical Imbalance, Environmental Toxicity, Etheric Adjustment, Liver Treatment, Panic Attacks, Spleen, Toxicity, Traumatic Events, Worrying.



## ***Rheumatism***

Over eighty percent of rheumatism is caused by energy carried over from past lives. Torture and burning at the stake are the two major problems. The energies involved are fear of life, hate of God, hate of men and women, despair, doom, unforgiveness and self-limitation.

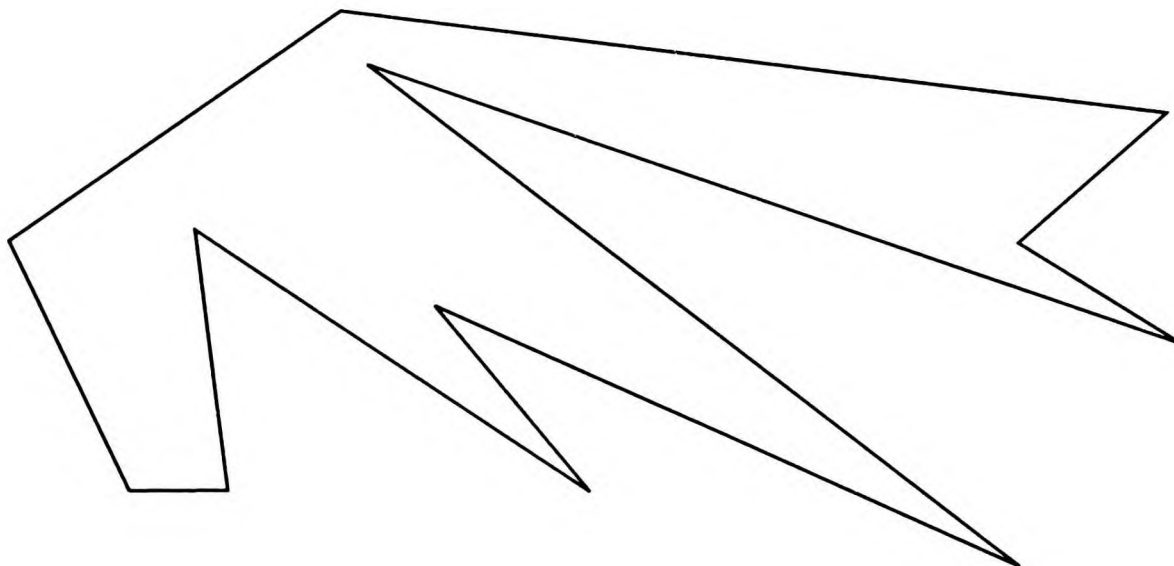
**Other patterns to consider:** Backache, Bursitis, Cleansing Mental Confusion, Environmental Stress, Feeling At Ease, Opening the Heart, Rejuvenation, Stimulating the Healing Response.



## ***Scleroderma, General***

A disease of the skin characterized by thickening, hardening and pigmentation patches. High Self says it is caused by carry-over energies from past lives. The major energy is self-punishment as a result of causing harm to others and enjoying doing so. Other energies are frustration, fear, anger, depression, spiritual suicide, self-destruction, doubt of life and suicide.

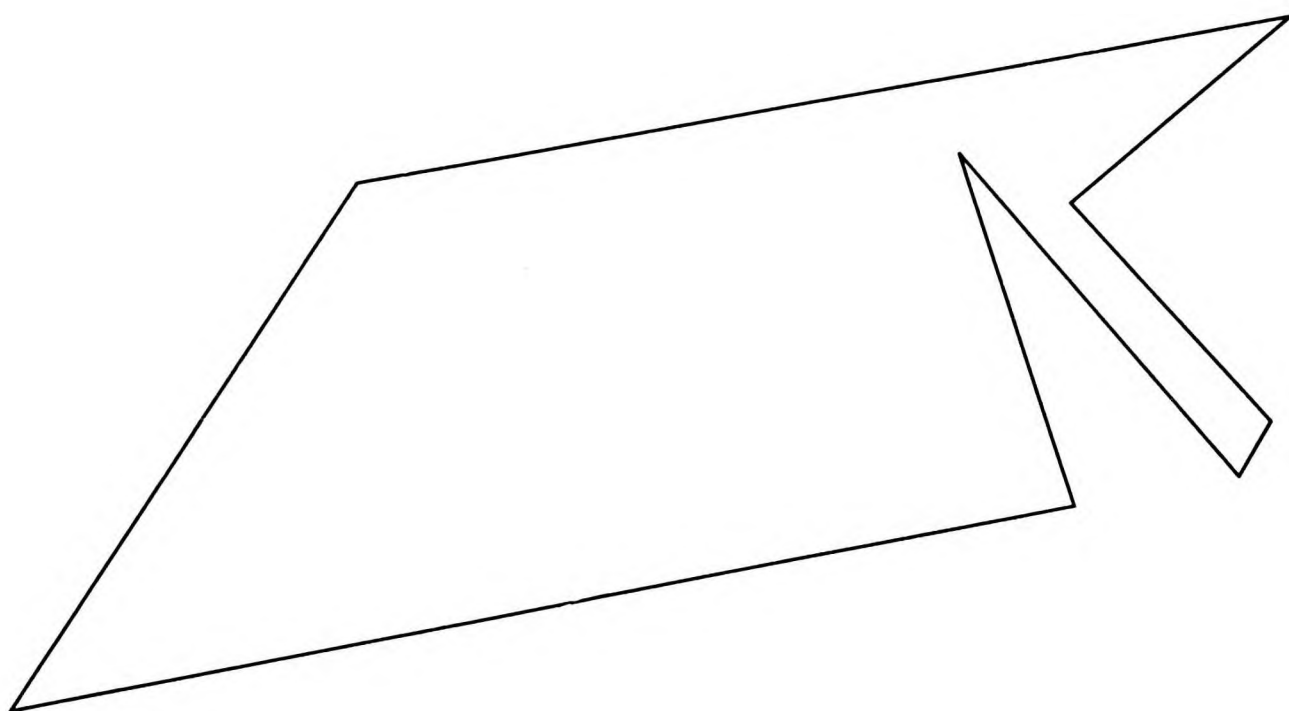
**Other patterns to consider:** Acne, Arteries of the Heart, Emotional Abuse, Error, Inner Strength, Lifted Spirits, Skin Relief, Too Keyed Up.



## ***Scleroderma, Morphia***

The causes of this condition are the same as for Sclerodoma, General.

**Other patterns to consider:** Acne, Arteries of the Heart, Emotional Abuse, Error, Inner Strength, Lifted Spirits, Skin Relief, Too Keyed Up.

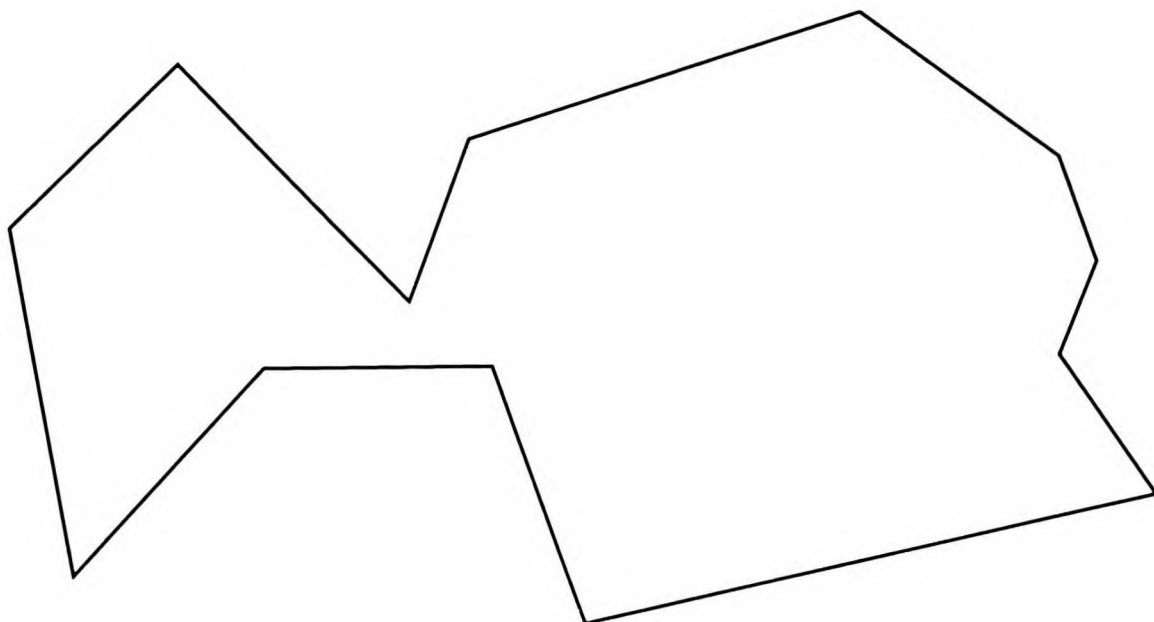




## ***Sickle Cell Anemia***

The cause of this problem is ninety-nine percent past lives with the carry-over energies of guilt, hate of men, women, self, life and God, hate, depression, self-limitation, frustration, anger, appeasement of others and cruelty to others.

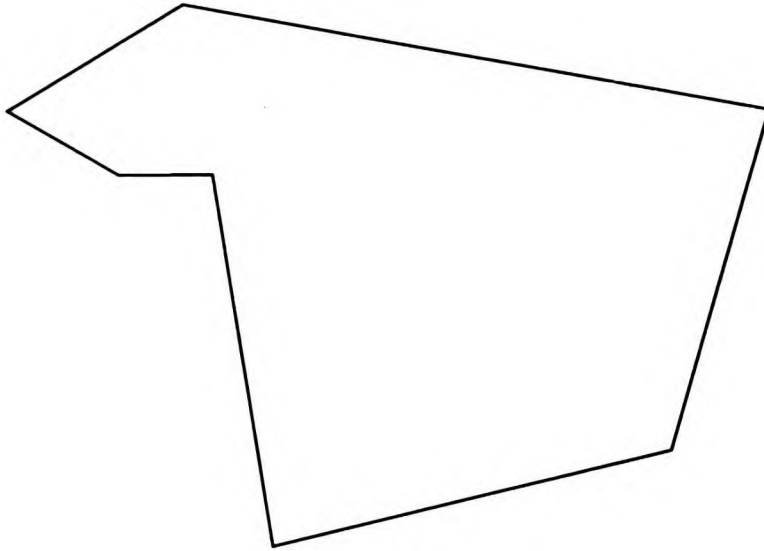
**Other patterns to consider:** Addictive Habits, Chemical Imbalance, Cleansing Mental Confusion, Despondency, First Aid, Hysteria, Liver Treatment, Negativity, Panic Attacks, Regularize Erratic Lifestyle.



## ***Sinus Inflammation***

Common symptoms of sinus inflammation are swelling and tenderness of the nose and above and below the eyes, runny nose, sore throat from drainage, low fever, and possibly headaches. The two major causes for sinus are past lives where death by fire and/or drowning have occurred. The carry-over energies are hate of God, hate of men, anger, hate, helplessness, guilt, doubt of God, despair, depression, doom, self-punishment and self-limitation.

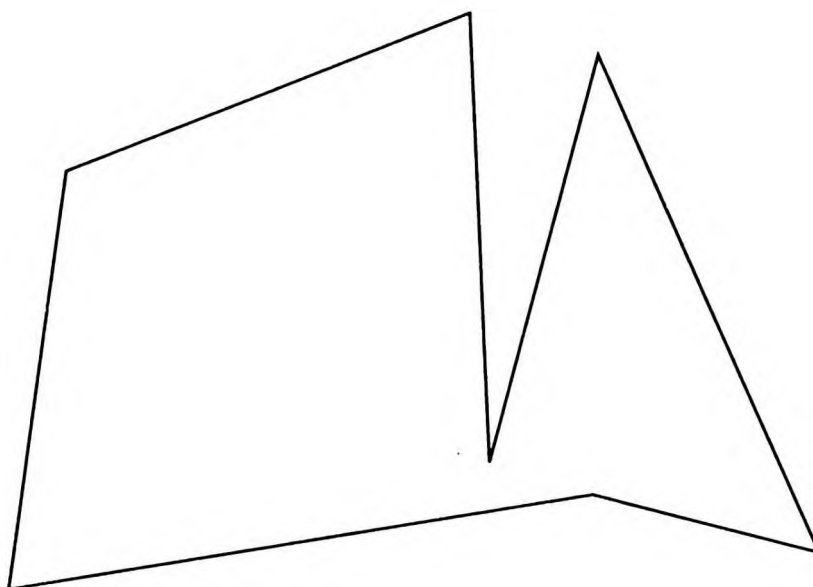
**Other patterns to consider:** Aches, Allergies, Chemical Imbalance, Cleansing Mental Confusion, Despondency, Environmental Stress, First Aid, Inner Strength, Negativity, Pain, Pollution Protection, Rejuvenation, Smog, Sore Throat, Stress.



## ***Skepticism***

Skepticism is both a mental and an emotional illness which can seriously limit a person's expression of life. High Self says the cause of skepticism is rooted one hundred percent in past lives where the individual has been seriously compromised by others or has been strongly disappointed in their attempt to live productively for themselves or others. The carry-over energies are forsaken by other people and God, hate of men, women and God, bitterness, betrayal, injustice, anger at others and God, helplessness, doom, despair, failure, frustration, cruelty and self-limitation.

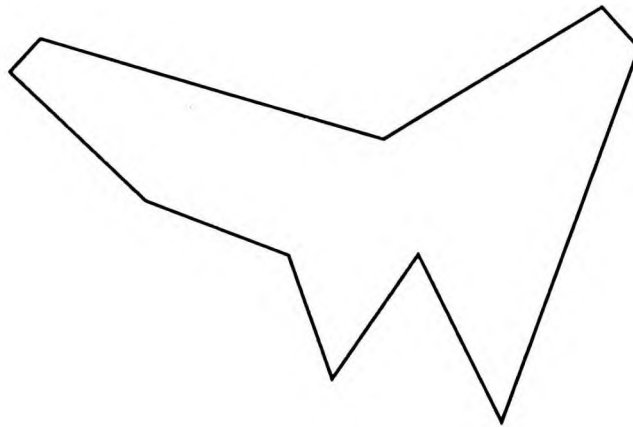
**Other patterns to consider:** Dalliance, Depression, Emotional Abuse, Etheric Adjustment, Negativity, Opening the Heart, Pain, Regularize Erratic Lifestyle, Stress, Too Keyed Up, Traumatic Events.



## ***Skin Relief***

Sunburn, rashes caused by toxins or exposure to the elements or to toxic plants can all be treated with this pattern. Past life causes are wars where chemicals were used, working in a toxic industry or death by fire or torture where the skin is seriously affected. The past life carry-over energies are fear, hate, intense hate of life and self, hate of God, anger, self-punishment, self-limitation and despair.

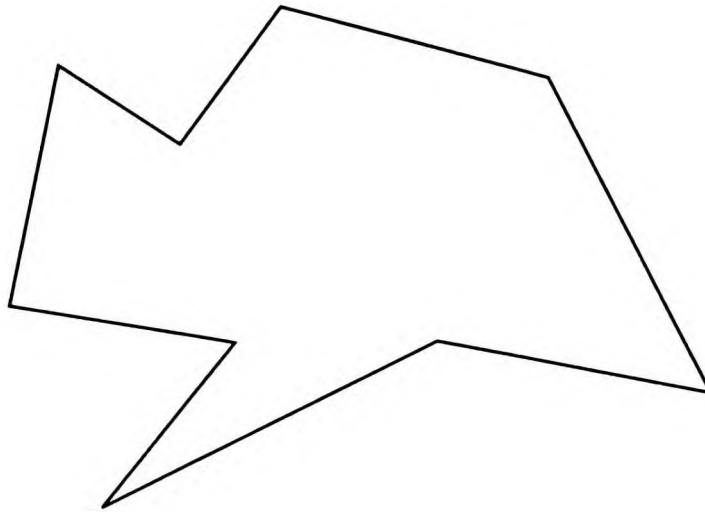
**Other patterns to consider:** Acne, Depression, Environmental Stress, First Aid, Inner Strength, Moodiness, Obstacles To Cure, Pollution Protection, Resistance, Spleen, Too Keyed Up, Traumatic Events.



## ***Sleep Apnea***

Sleep apnea actually involves a fear of going to sleep and getting killed. There is also guilt involved. In a past life, the person may have gone to sleep while on guard and was killed by an enemy. Or, they could have been seriously prosecuted or even put to death for dereliction of duty. The carry-over energies are guilt, hate of self, intense hate of life, health abuse, self-punishment, depression, cowardice, self-limitation and restlessness.

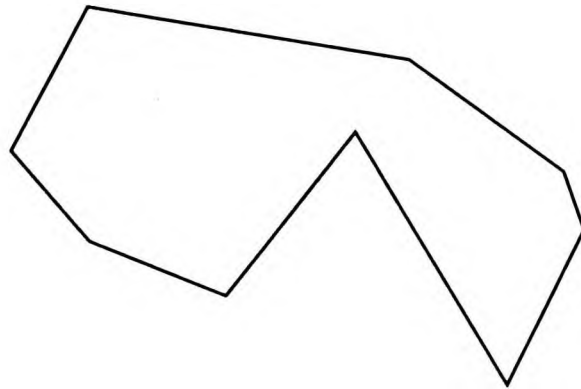
**Other patterns to consider:** Adrenals, Brain Wave Pattern, Despondency, Energy Boost, Etheric Adjustment, Fearfulness, Harried, Inner Strength, Panic Attacks, Spleen, Traumatic Events.



## ***Sleeplessness***

This pattern can be used before you go to bed to help you relax and prepare for sleep. You can also use it if you wake up during the night and find it difficult to return to sleep. The major cause of sleeplessness is past lives where you were attacked and killed while sleeping. The carry-over energies are fear of harm, hate of God for allowing you to be killed, hate, helplessness, injustice, doubt of life and self-destruction. Sleeplessness can also be a by-product of accumulated tension from the day's busy activities.

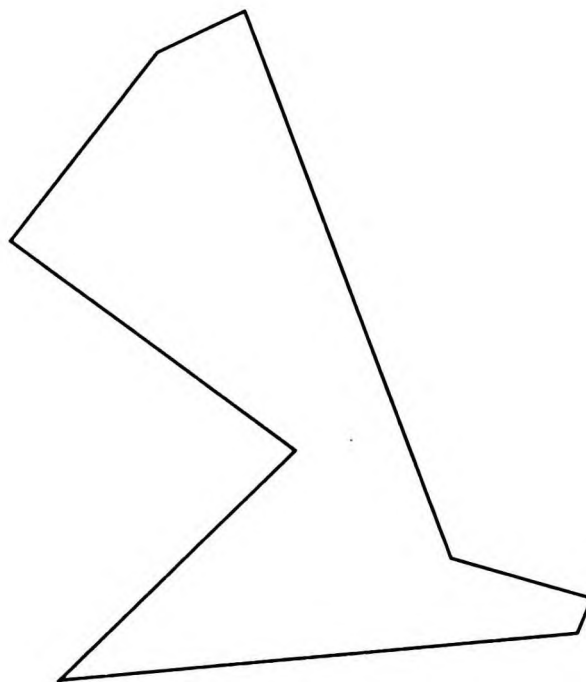
**Other patterns to consider:** Business Pressure, Etheric Adjustment, Fatigue, Moodiness, Rejuvenation, Too Keyed Up.



## ***Smog***

Many people live in areas that are heavily polluted with auto exhaust or industrial fumes. Some people are extremely sensitive to such conditions, others are not. The major cause of allergies to smog is past lives where serious harm occurred. The person who is allergic may have been the one harmed or they could be allergic because they inflicted harm on others and the allergy is a form of self-punishment. The harm could have been death by fire, sand storm, a form of torture or chemical warfare. The carry-over energies are hate of life, hate of God, frustration, health abuse, fear, anger, depression, self-limitation, unforgiveness and self-destruction.

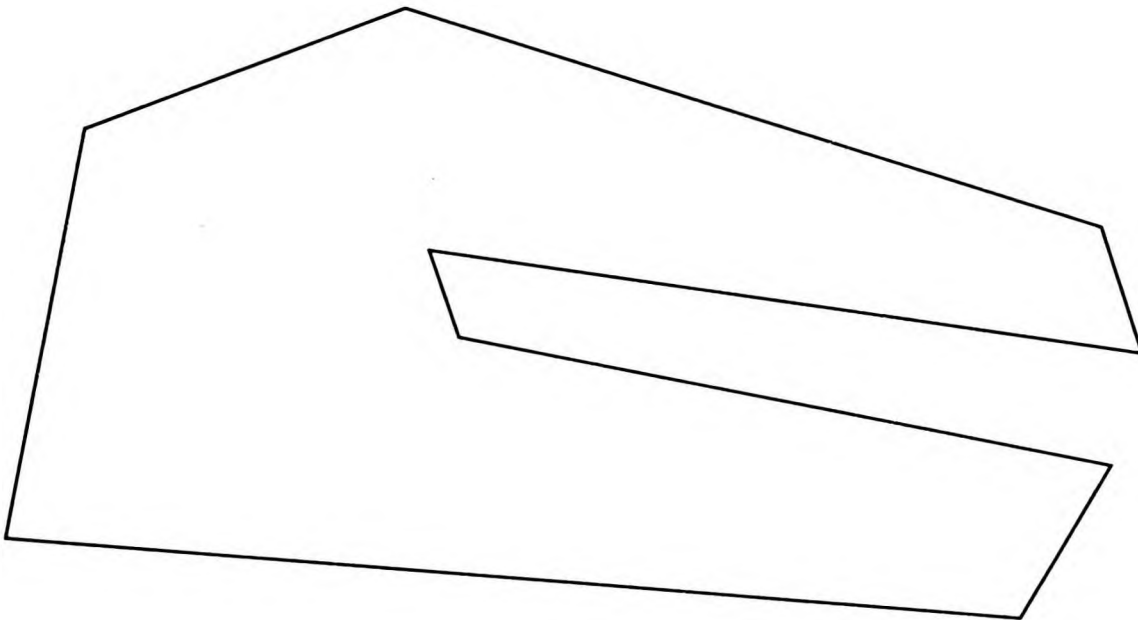
**Other patterns to consider:** Allergies, Endocrine System, Obstacles To Cure, Rejuvenation, Too Keyed Up.



## ***Sniveling***

In Webster's dictionary, sniveling is defined as: "To make tearful complaints; whine. To utter with sniffing or sniveling." Sniveling can be an acquired habit that can be extremely uncomfortable and disturbing to other people. It is also limiting to the one who is caught up in the habit and is a form of refusing to take responsibility for one's own expression of life.

**Other patterns to consider:** Cleansing Mental Confusion, Fearfulness, Inner Strength, Lifted Spirits, Negativity, Plaintive, Regularize Erratic Lifestyle.

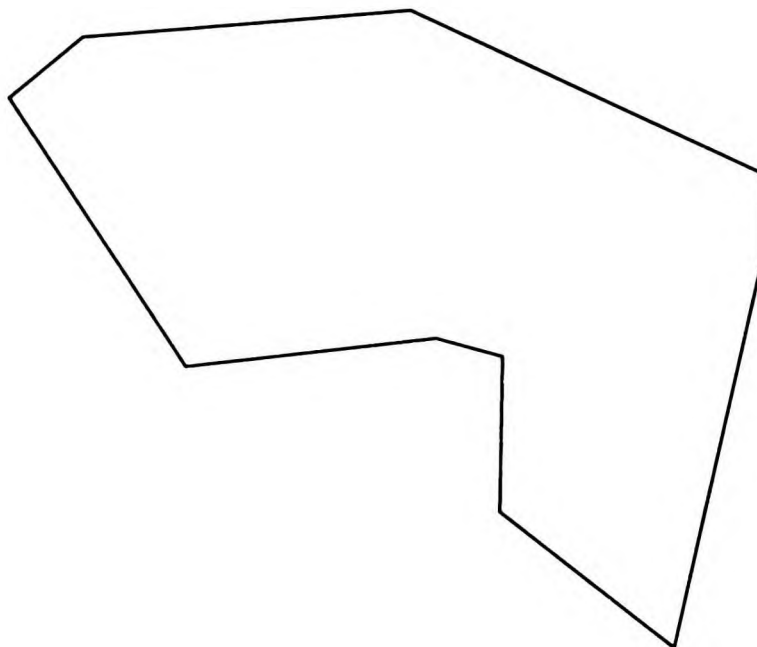




## ***Sore Throat***

Sore throat can be an indication of a cold virus, a bacteria, sensitivity to a food or air pollution, or carry-over energy from a past life where you were harmed or harmed others. The past life energies are guilt, hate of men, hate of God, hate of women, health abuse, helplessness, despair, failure, spiritual suicide, doom, cruelty and unforgiveness.

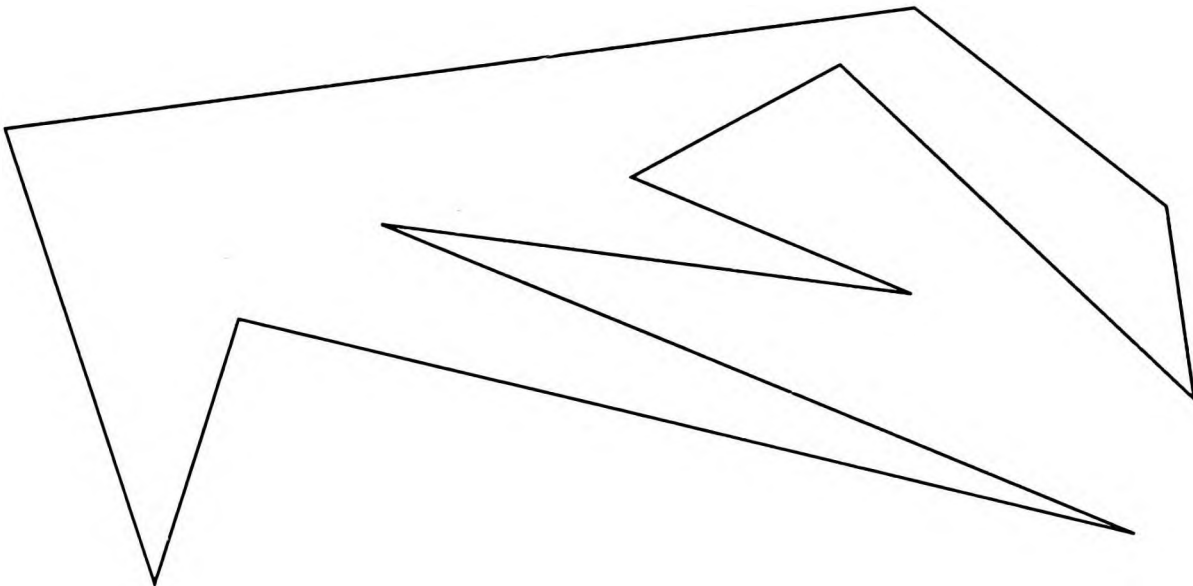
**Other patterns to consider:** Adrenals, Bronchial Irritation, Cold Remedy, Despondency, Error, Fearfulness, Obstacles To Cure, Rejuvenation, Tonsillitis.



## ***Spleen***

The spleen can be affected by past life unresolved energies or the accumulation of discordant energies in the present life. The past life energies are anger, hate of life, hate of men, hate of women, betrayal, depression, self-limitation and sexual abuse.

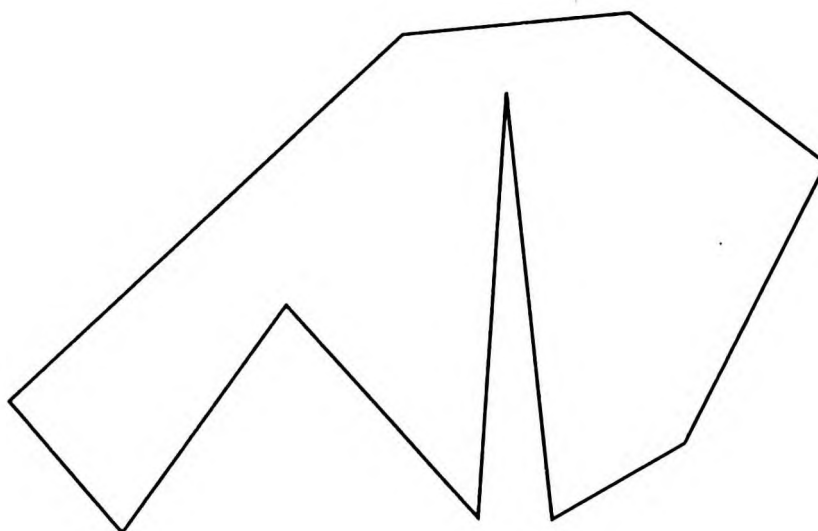
**Other patterns to consider:** Brain Wave Pattern, Emotional Abuse, Etheric Adjustment, Inner Strength, Panic Attacks, Rejuvenation, Worrying.



## ***Sports Injuries***

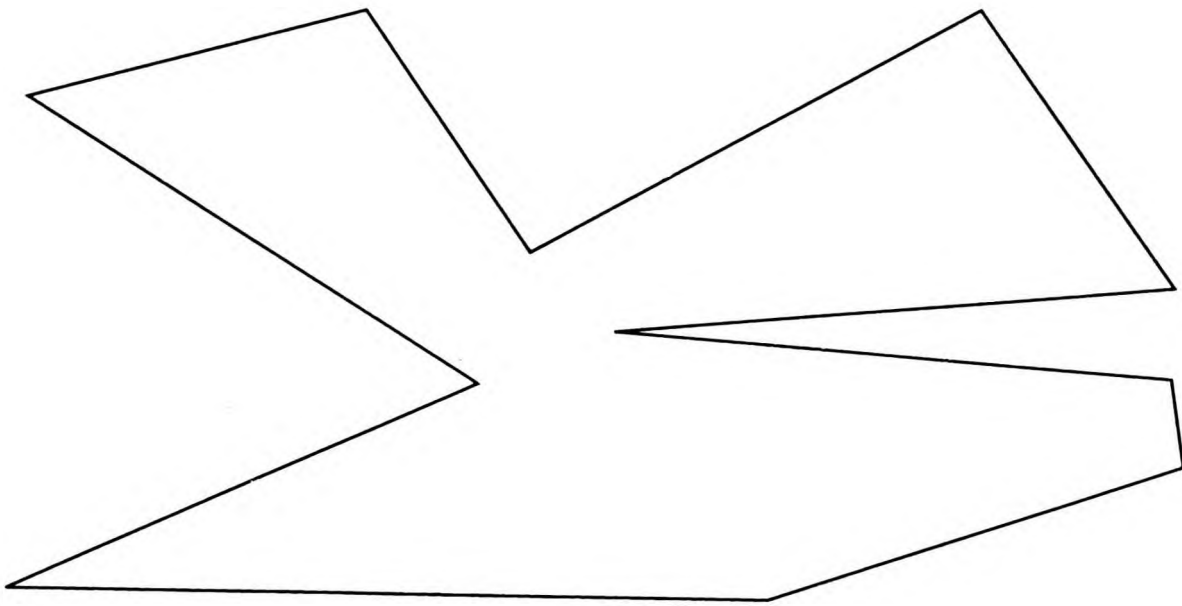
This pattern can be extremely useful when there is strain or sprain to ligaments, joints or muscles. Continued treatments with this pattern may be important, so ask High Self how many treatments are necessary. Sometimes, past life energies need to be cleared for complete recovery.

**Other patterns to consider:** Aches, Bursitis, Energy Boost, First Aid, Joint Injuries, Physical Injury, Resistance, Stimulating the Healing Response, Traumatic Events.



## ***Sprains***

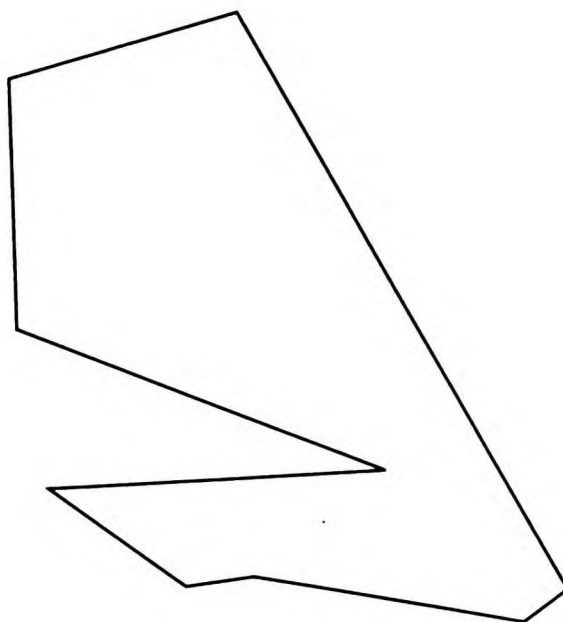
**Other patterns to consider:** Aches, Bursitis, Energy Boost, First Aid, Joint Injuries, Physical Injury, Resistance, Stimulating the Healing Response, Traumatic Events.



## ***Stimulating the Healing Response***

High Self says the most important thing to clear here is the carry-over energies from past lives because one hundred percent of the blocks to the healing response are based in past lives. The energies are frustration, hate of life, hate of self, depression, self-destruction, failure, despair, self-limitation, guilt, self-destruction and unforgiveness. The person feels that they do not have the right to be healed because they caused pain and destruction to themselves or others in past lives.

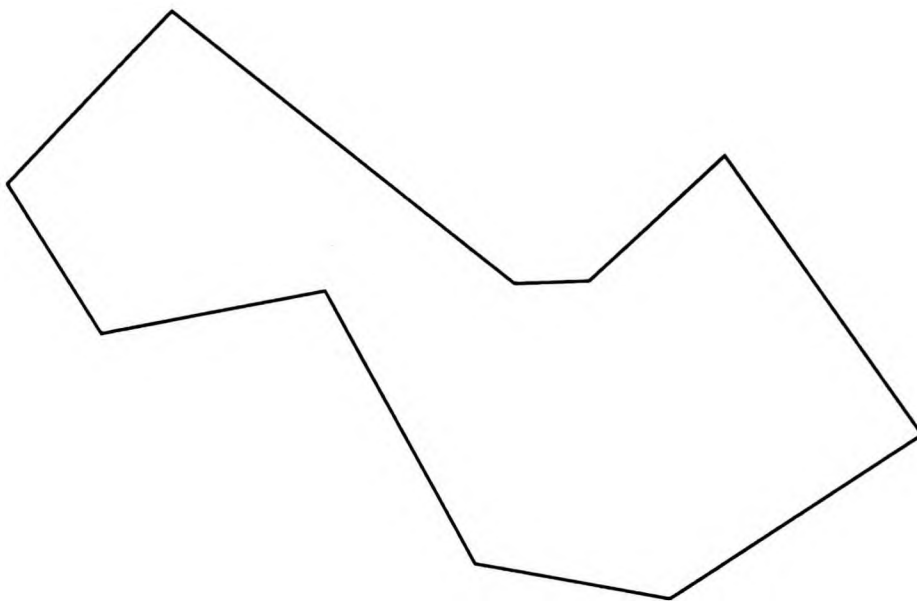
**Other patterns to consider:** Adrenals, Brutality, Depression, Endocrine System, Fearfulness, Lifted Spirits, Opening the Heart, Rejuvenation, Spleen, Too Keyed Up, Worrying.



## ***Stomach Flu***

Symptoms of stomach flu can include diarrhea, vomiting, fever, achiness, chills and loss of appetite. Another important pattern to use is Viruses.

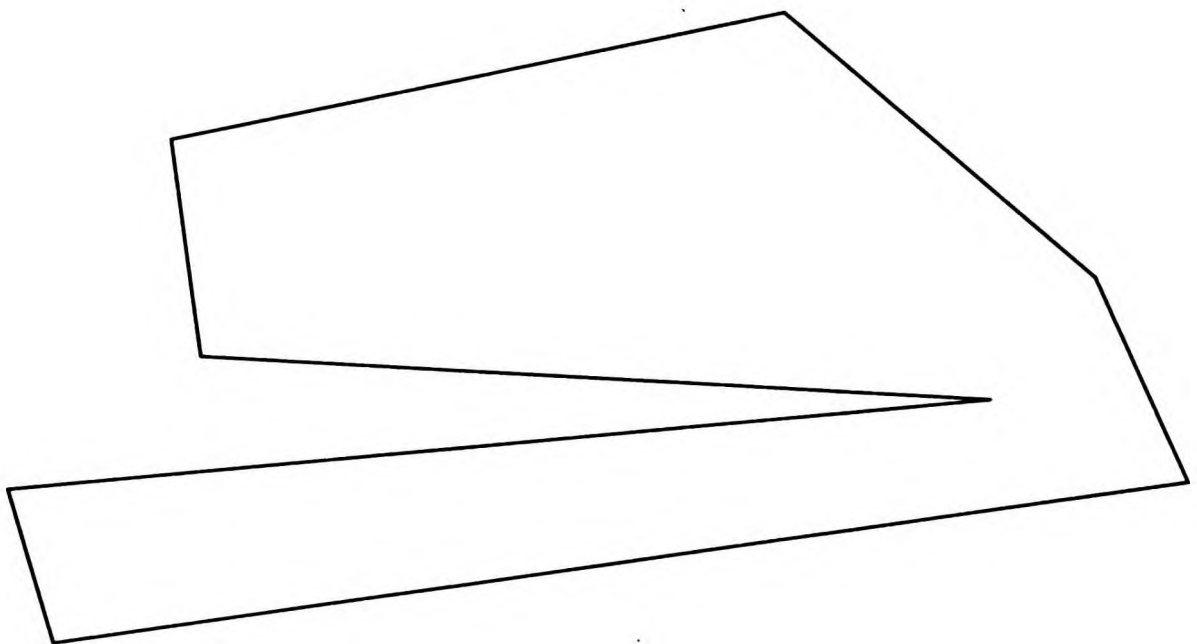
**Other patterns to consider:** Aches, Endocrine System, First Aid, Food Poisoning, Indigestion, Nausea and Vomiting, Rejuvenation, Sore Throat, Too Keyed Up.



## ***Stomach Ulcers***

The major cause of stomach ulcers is hate of life. The secondary cause is the use of alcohol.

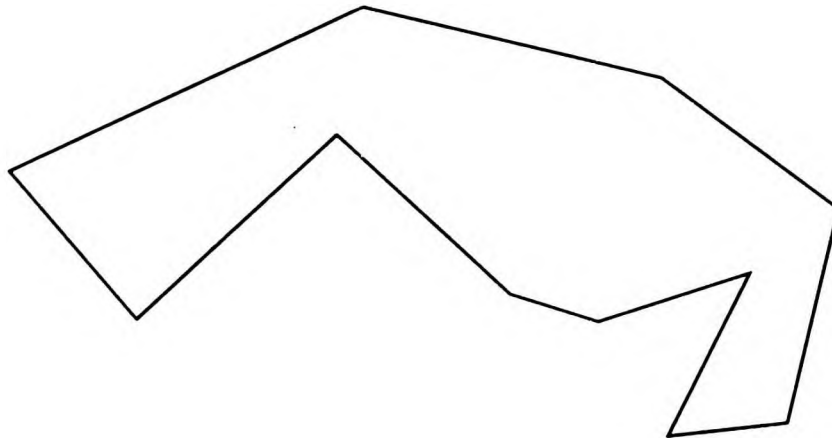
**Other patterns to consider:** Addictive Habits, Business Pressure, Emotional Abuse, Etheric Adjustment, Inner Strength, Objectivity, Regularize Erratic Lifestyle, Rejuvenation, Spleen, Worrying.



## ***Stomachitis***

Stomachitis, High Self says, is ninety percent due to past lives where the person was involved in the use of oral drugs or other caustics, or was harmed by others. The harm would take the form of the person being forced to drink something poisonous or caustic which seriously damaged the tissues of the mouth. The carry-over energies are fear, hate, frustration, hate of men, women and God, health abuse, injustice, anger, unforgiveness, self-destruction, self-limitation, despair and suicide.

**Other patterns to consider:** Bacteria, Despondency, Emotional Abuse, Etheric Adjustment, First Aid, Indigestion, Rejuvenation, Too Keyed Up, Worrying.

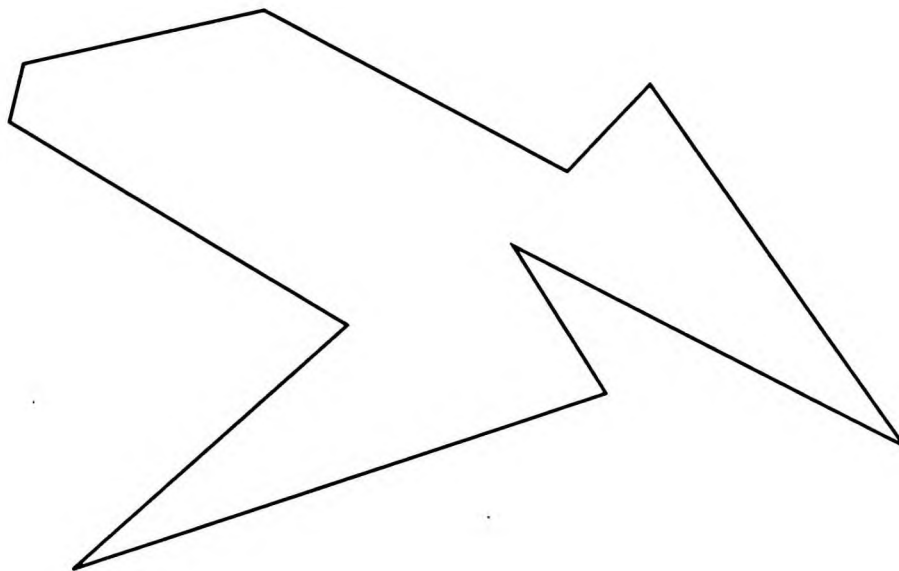




## ***Stress***

We live in a high stress, often dysfunctional, world. Demands are put on us that are impossible or difficult to fulfill and that causes emotional upset and tension. It is easy to become agitated or involved with worry and obsessive thoughts. This causes excessive emotions or inappropriate actions. Some common complaints due to stress are stomach upset, sleeplessness, heart palpitations, indigestion, backache and a short temper.

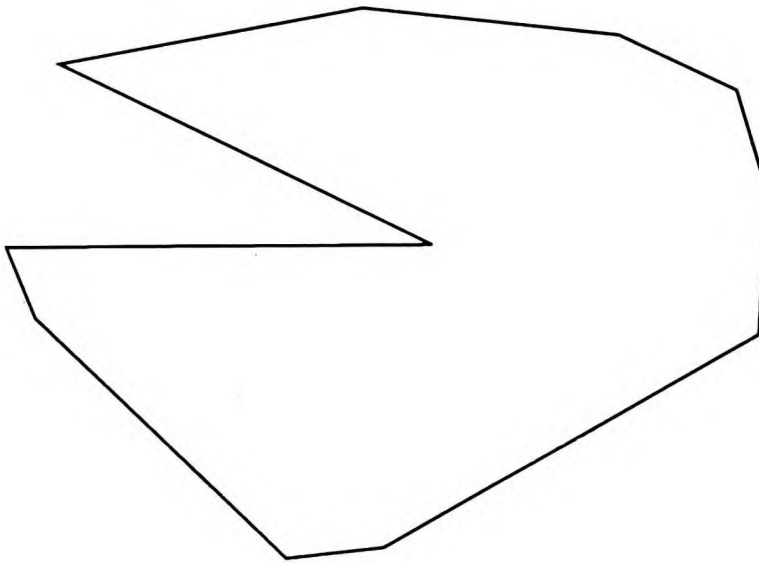
**Other patterns to consider:** Addictive Habits, Adrenals, Business Pressure, Environmental Stress, Hurrying, Moodiness, Regularize Erratic Lifestyle, Rejuvenation, Too Keyed Up, Worrying.



## ***Sudden High Fever***

There are many possible reasons for a sudden high fever; a virus, overexertion, anger, or even past life energy that you may start to experience. The past life energies are fear, hate of men, hate of women, cruelty, illness, self-destruction, spiritual suicide, despair and unhappiness.

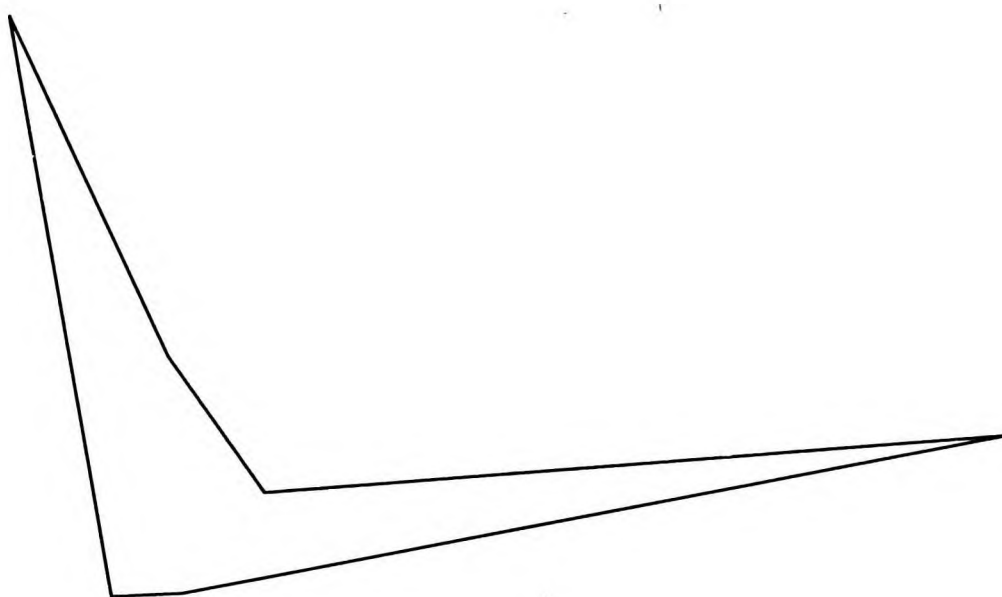
**Other patterns to consider:** Business Pressure, Environmental Stress, Flu, Panic Attacks, Toxicity.



## ***Tachacardia***

The roots for tachacardia are past lives. The energies are fear, forsaken by God, hate of men and women, depression, doom, failure, hate, self-limitation, self-destruction, self-centeredness, cruelty and anger at God.

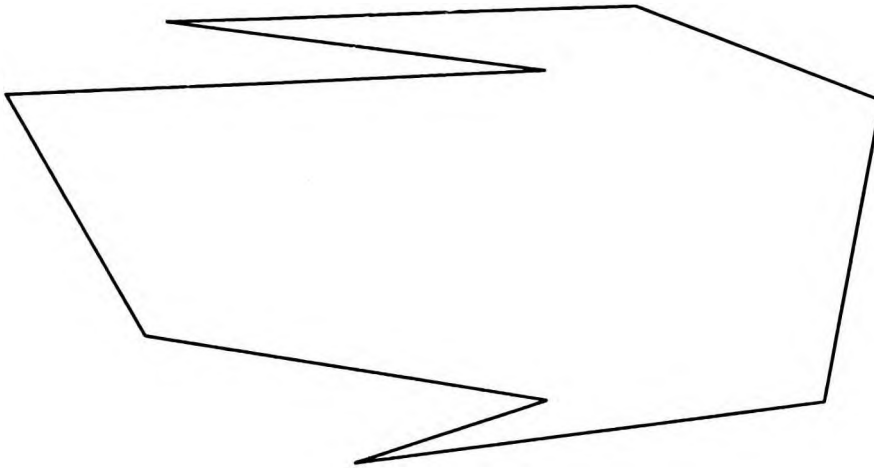
**Other patterns to consider:** Adrenals, Business Pressure, Emotional Abuse, Etheric Adjustment, Negativity, Rejuvenation.



## ***Teeth and Gums***

Problems with the teeth and gums also include the jawbones. The major causes are past life energies of hate, guilt, hate of women, hate of God, hate of men, hate of life, health abuse, intense hate of self, alcoholism, failure, self-punishment, sadism to others and selfishness.

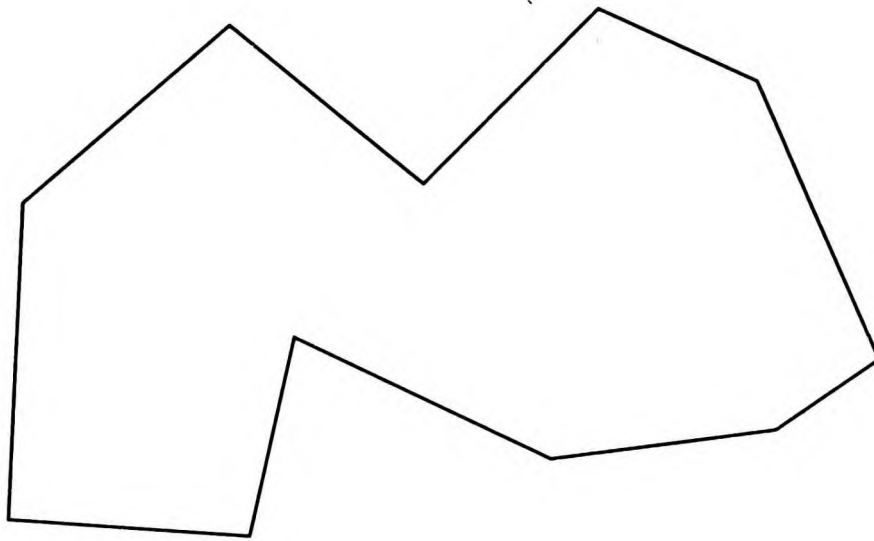
**Other patterns to consider:** Chemical Imbalance, Endocrine System, Environmental Toxicity, Fatigue, Fearfulness, Feeling At Ease, Liver Treatment, Nerve Injuries, Neutralizing Dental Amalgams, Panic Attacks, Skepticism, Spleen, Worrying.



## ***Tendonitis***

Seventy percent of tendonitis is a result of past life energies such as fear, hate of life, hate, despair, failure and doom.

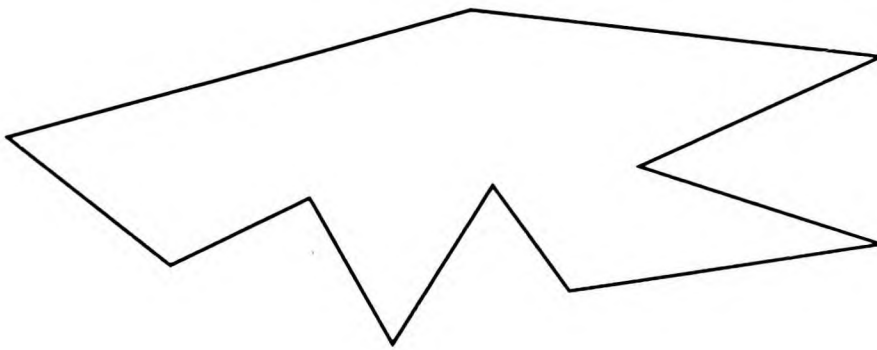
**Other patterns to consider:** Aches, Etheric Adjustment, Obstacles To Cure, Pain, Rejuvenation, Spleen, Traumatic Events.



## ***Tension Headache***

The pressures of life can cause tension headaches and other physical or psychosomatic symptoms. They can also be a result of past life energy.

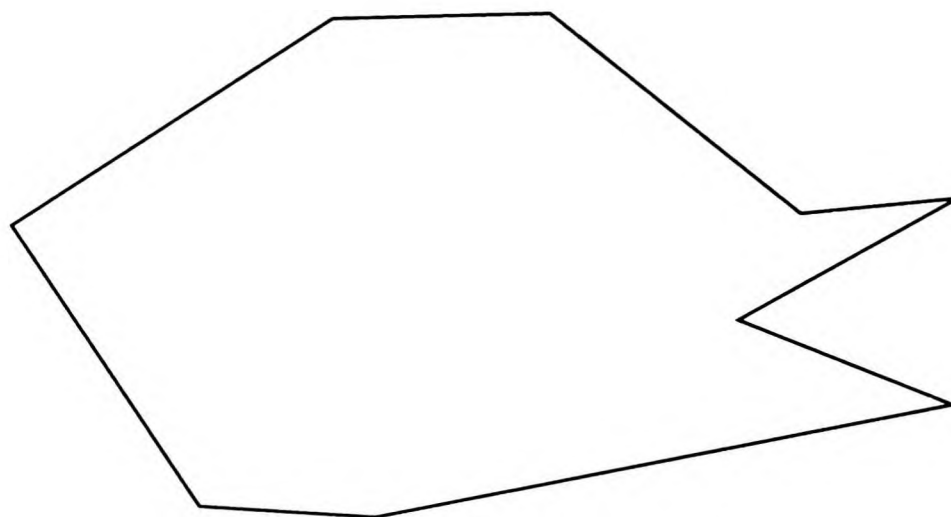
**Other patterns to consider:** Aches, Business Pressures, Moodiness, Pain, Stress, Tensions Release, Throbbing Headache, Traumatic Events.



## ***Tension Release***

We live in a fast-paced world and it is easy to become tense, stressed and distressed to the point of debilitation. The usual areas where stress shows up are stomach, neck, shoulders, back, arms, chest and legs. A few slow, deep breaths is one way to release tension. Using this pattern is another effective method.

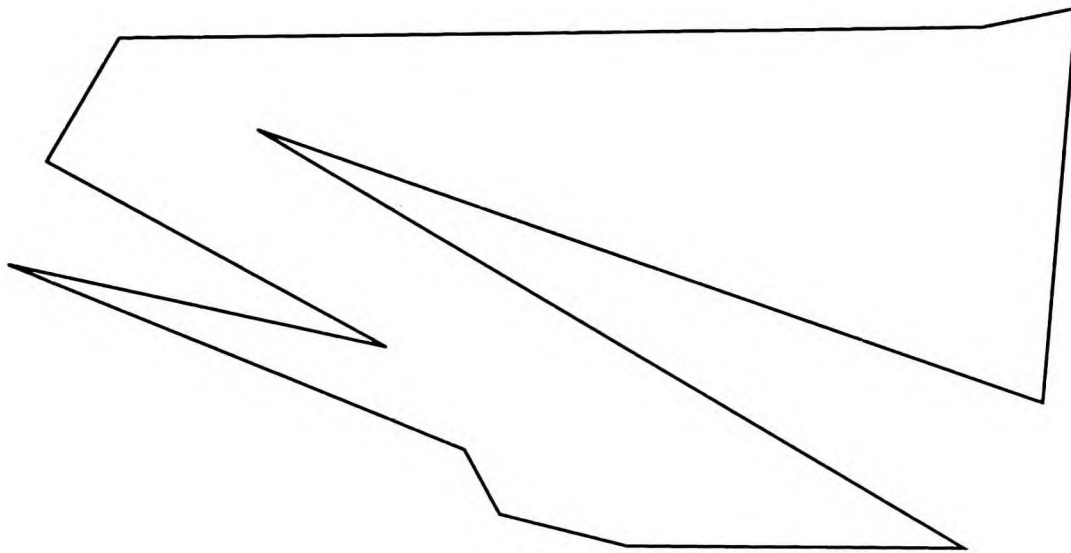
**Other patterns to consider:** Addictive Habits, Adrenals, Business Pressure, Environmental Stress, Hurrying, Moodiness, Regularize Erratic Lifestyle, Rejuvenation, Too Keyed Up, Worrying.



## ***Thalamus***

Approximately ninety-one percent of problems with the thalamus are from past lives. The carry-over energies are fear, hate of life and self, health abuse, alcoholism, illness, depression, doom, despair and self-destruction.

**Other patterns to consider:** Adrenals, Brain Wave Pattern, Depression, Error, Harried, Plaintive, Spleen, Too Keyed Up.

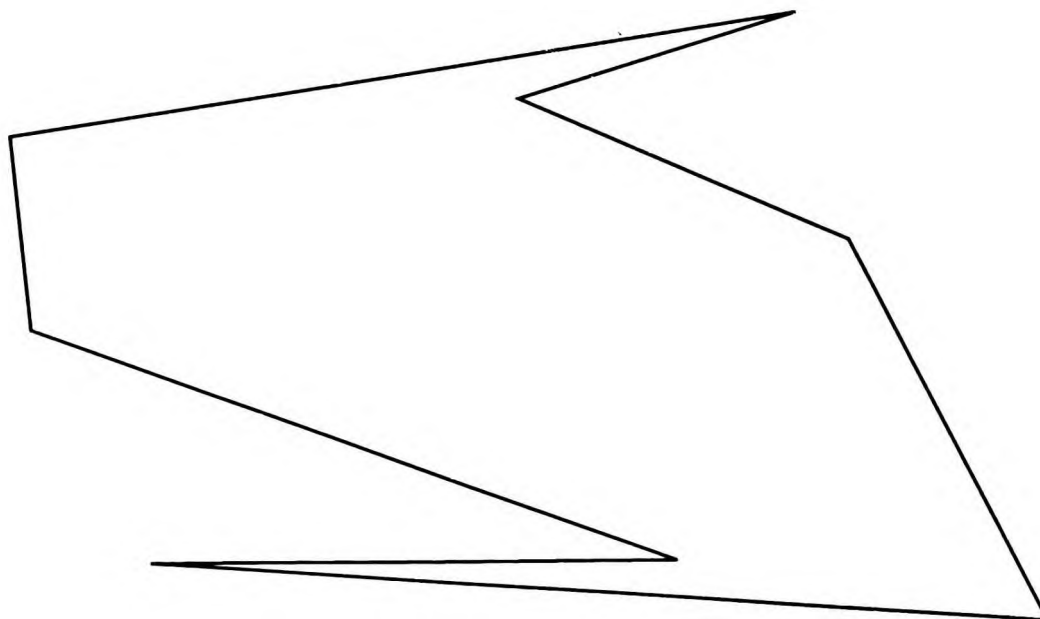




## ***Throat Sensitivity***

The major cause of this problem is past lives. The carry-over energies are hate of God, life, women and men, health abuse, frustration, hate, fear, bitterness, self-destruction, despair and suicide.

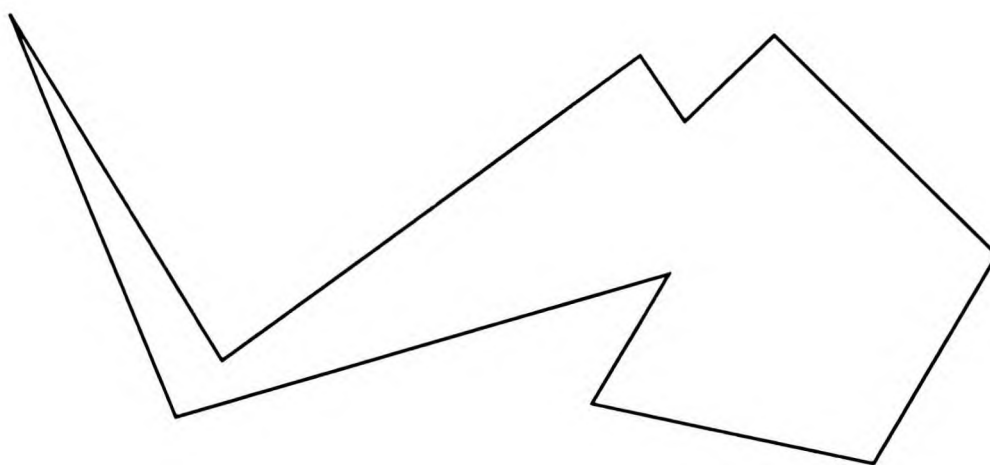
**Other patterns to consider:** Business Pressure, Error, Jaundice, Spleen, Too Keyed Up.



## ***Throbbing Headache***

When a pounding, throbbing sensation in your head threatens to stop you from fulfilling any task or simply causes you difficulty in thinking or feeling, use this pattern.

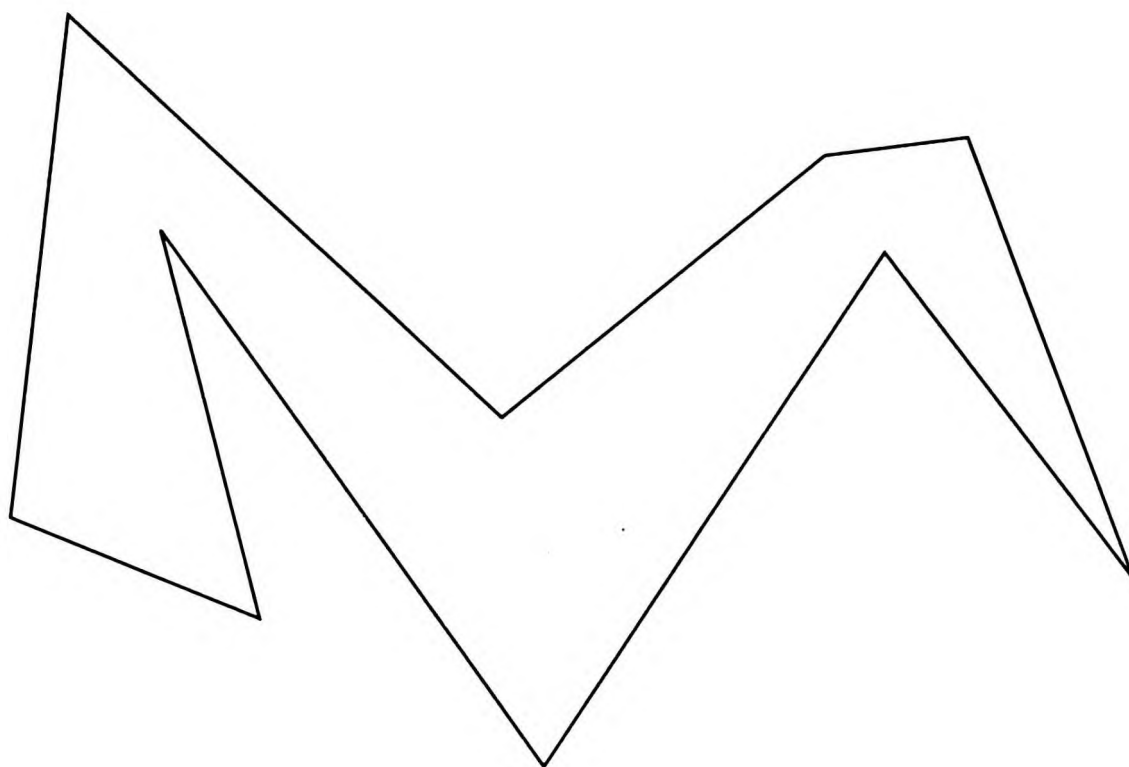
**Other patterns to consider:** Aches, Business Pressure, Energy Boost, Fatigue, Migraine, Panic Attacks, Regularize Erratic Lifestyle, Rejuvenation, Resistance, Sinus Inflammation, Too Keyed Up.



## ***Thyroid***

The major cause of problems with the thyroid is having cursed or denied God in past lives. This affects the pituitary which blocks the signals from Spirit to the rest of the endocrine system. The first obvious indicator is problems with the thyroid. The carry-over energies are hate of God, intense hate of God/men/women/self and life, self-limitation, self-destruction and self-punishment.

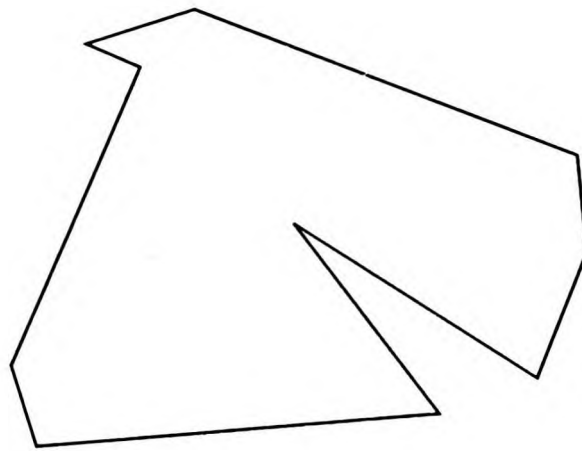
**Other patterns to consider:** Adrenals, Cleansing Emotional Confusion, Energy Boost, Feeling At Home In Your Body, Inner Strength, Opening the Heart, Rejuvenation, Skepticism.



## ***Tired Feet***

This is an excellent pattern to use if you have sore, tired feet, legs or muscles from unaccustomed exercise such as walking, hiking, jogging, standing for long periods or even working in the yard.

**Other patterns to consider:** Aches, Depression, Energy Boost, First Aid, Pain, Repetitive Strain Injury, Too Keyed Up.

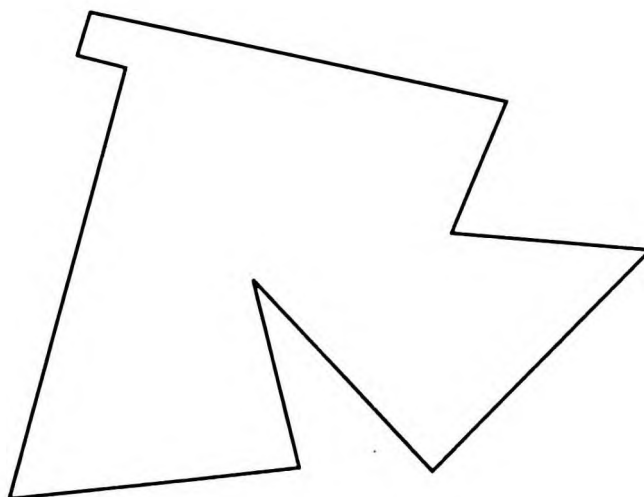


## ***Tonsillitis***

Spirit says that tonsillitis is caused one hundred percent by unresolved past life energies. The major cause is oral sexual abuse. Another cause is death by fire or chemicals. The energies are hate, hate of life, hate of God, hate of men, hate of women, doubt of God, anger, bitterness and self-limitation.

**Other patterns to consider:** Brutality, Depression, Emotional Abuse, Error, Manipulative, Opening the Heart, Rejuvenation, Sore Throat, Tension Release, Traumatic Events.

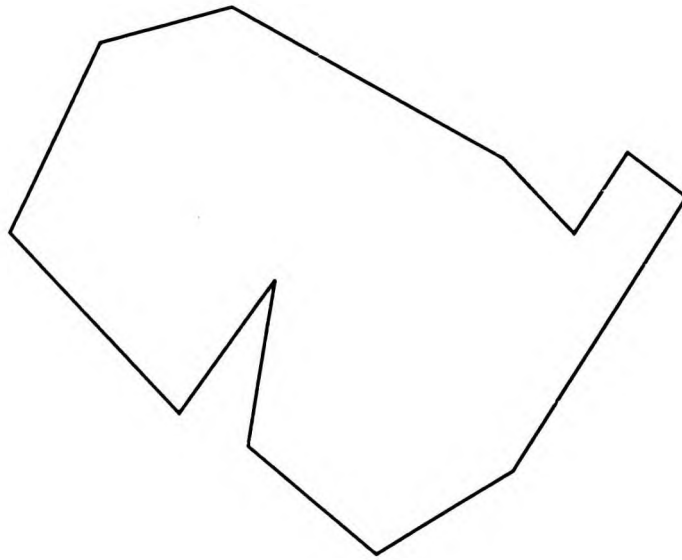
The additional patterns recommended by High Self for healing tonsillitis are very interesting. It is obvious that they have been chosen specifically as an instrument to heal the carry-over energies involved with sexual abuse from past lives.



## ***Too Keyed Up***

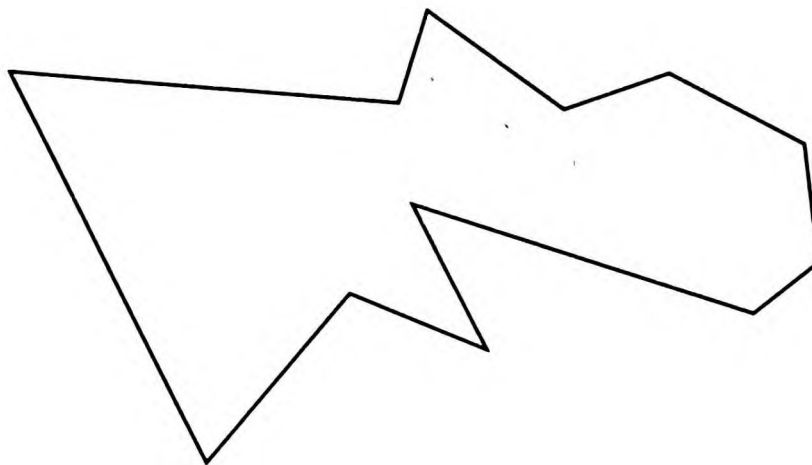
The life we have chosen can be full of challenges, difficulties and tensions. Sometimes a person may feel that life is just one big problem. This is an excellent pattern to use to release the accumulated tension of daily living.

**Other patterns to consider:** Business Pressure, Despondency, Environmental Stress, Feeling At Home In Your Body, Negativity, Regularize Erratic Lifestyle, Skepticism, Traumatic Events.



## ***Toothache***

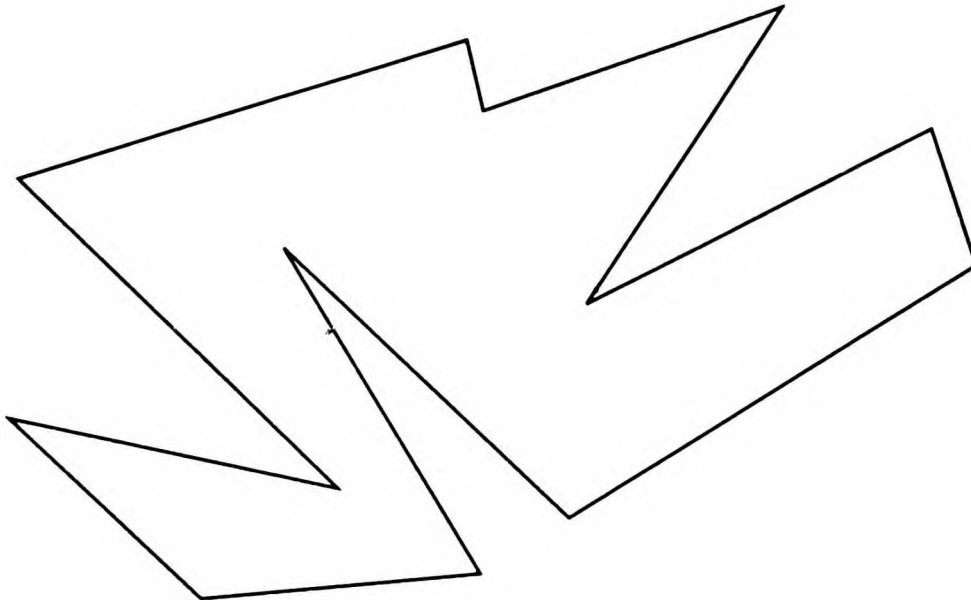
**Other patterns to consider:** Aches, Business Pressure, Energy Boost, First Aid, Neutralizing Dental Amalgams (Fillings), Rejuvenation, Toxicity.



## ***Toxicity***

The body is designed to be healthy, whole, vital, strong and free from negative effects of the environment we live in. The major reason for susceptibility to toxicity from the environment is carry-over energy from past lives where we suffered exposure and even death from toxic substances. The past life energies are hate of life, hate of men and women, anger, health abuse, bitterness, doubt of life, self-destruction and excessive guilt (resulting from misuse of the body by chemical substances).

**Other patterns to consider:** Addictive Habits, Environmental Toxicity, Inner Strength, Pollution Protection, Rejuvenation, Skin Relief, Worrying.

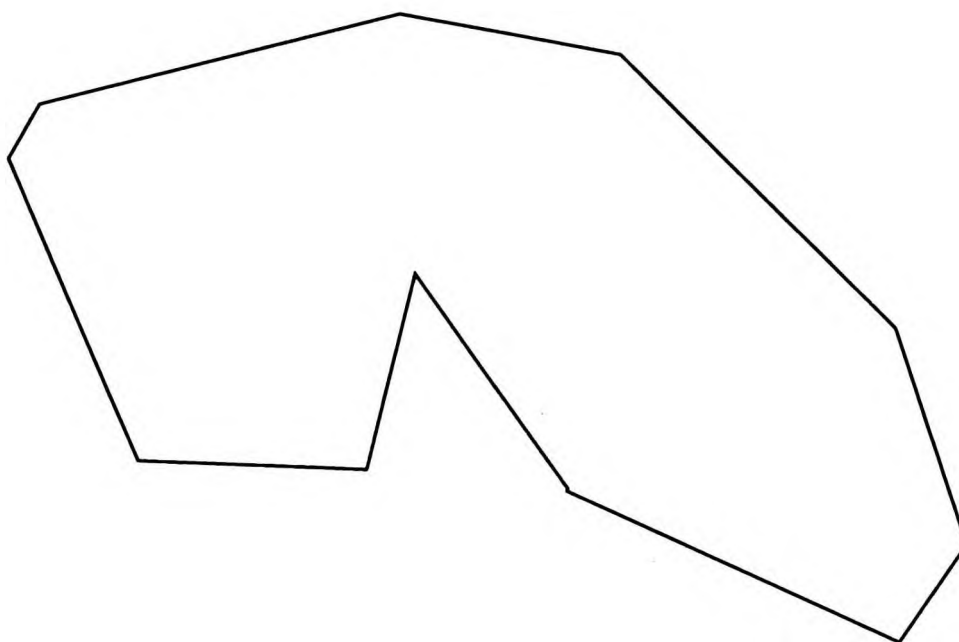




## ***Traumatic Events***

The experiences of life are not always pleasant and it is easy to build energy around events that are traumatic. Here are some examples of traumatic events: rejection, a missing child or someone who is late getting home or to a meeting, loss of a job, being a victim of burglary, being struck or injured. There are many possibilities. We preprogram the major events in our lives based on unresolved past life energies that we need to face and work through. Unfortunately, we are seldom aware of those past life energies or the fact that they can have a negative impact on the present life. Some carry-over energies from past lives where trauma was experienced are guilt, hate, hate of men and women, intense helplessness, despair, self-limitation and self-destruction and excessive hate of life.

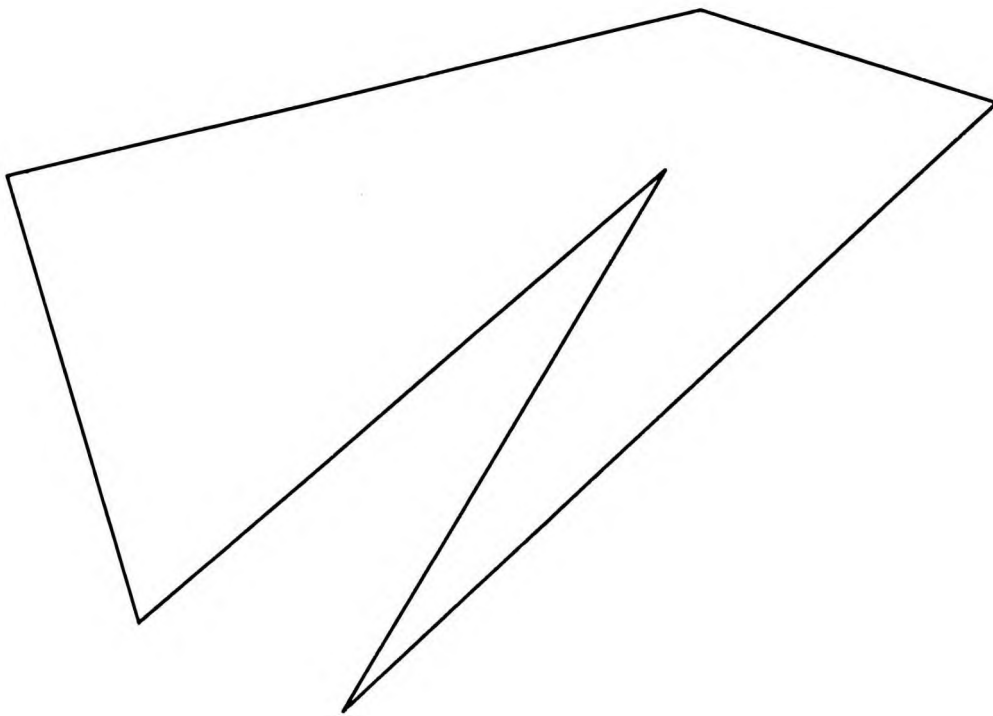
**Other patterns to consider:** Adrenals, Chemical Imbalance, Depression, Energy Boost, Etheric Adjustment, First Aid, Negativity.



## ***Uterus***

Problems with the uterus stem one hundred percent from past lives. The major cause is sexual torture with a red-hot iron thrust into the vagina. The carry-over energies are hate of God, life, men and women, health abuse, frustration, hate, helplessness, anger, cruelty, despair, sadism of God, separation from God, terror of life and unforgiveness.

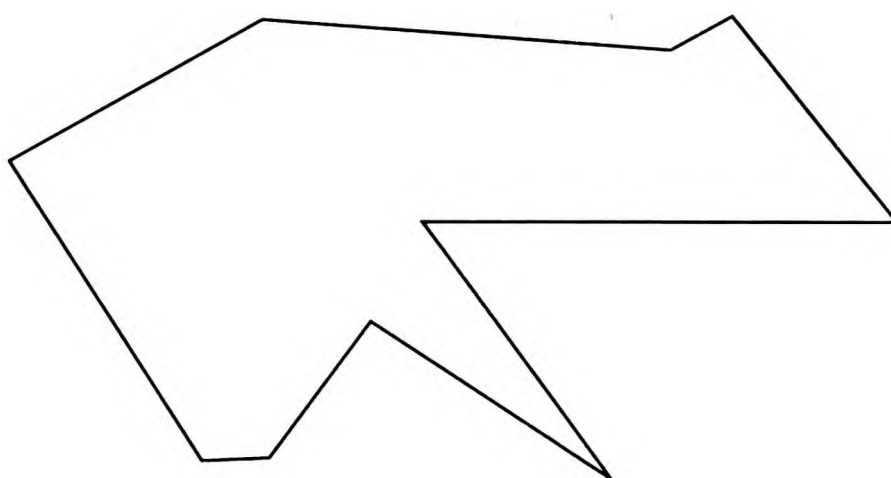
**Other patterns to consider:** Adrenals, Emotional Abuse, Fearfulness, Healing Time Flow, Inner Strength, Liver Treatment, Rejuvenation, Spleen, Too Keyed Up.



## ***Viruses***

We live in a world that is loaded with viruses of all kinds, so it is important to keep them cleared daily by using the Direct Healing and Colors Chart in Figure 1. Should you not keep them cleared and start getting symptoms, use this pattern.

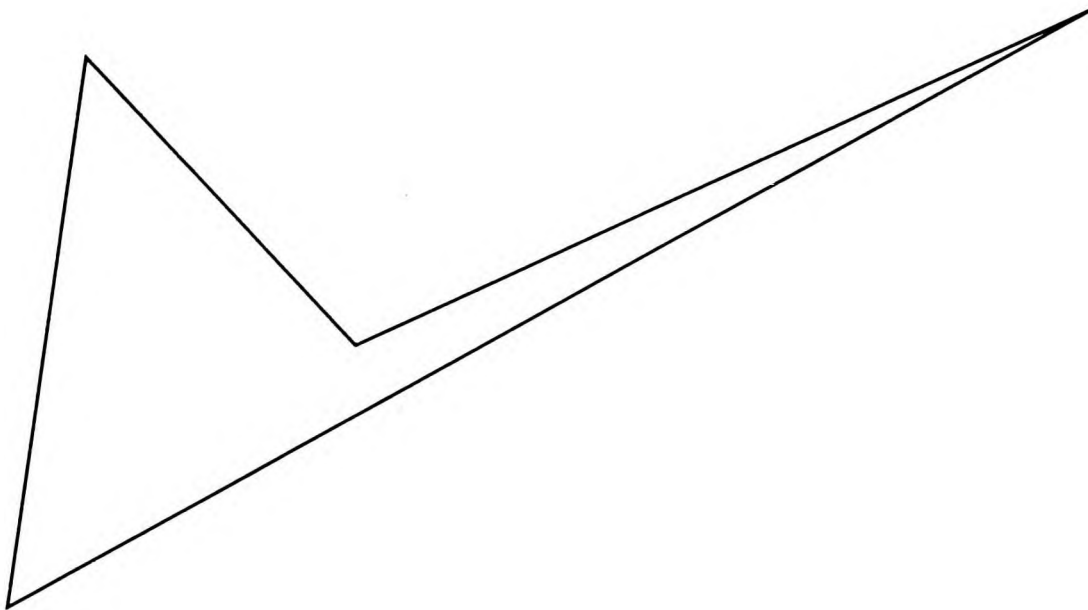
**Other patterns to consider:** Cleansing Mental Confusion, Environmental Stress, Fearfulness, Persistent Cough, Rejuvenation, Sore Throat, Stimulating the Healing Response, Toxicity.



## ***Weight, Excess***

There are many reasons why a person may carry excess weight. There may have been starvation in past lives, torture, or the cause may even go back before first incarnation. Some carry-over energies are fear, hate, anger, frustration, hate of men and women, alcoholism, depression, protection, anger at life so you build a wall around yourself, self-punishment, sadism and unforgiveness.

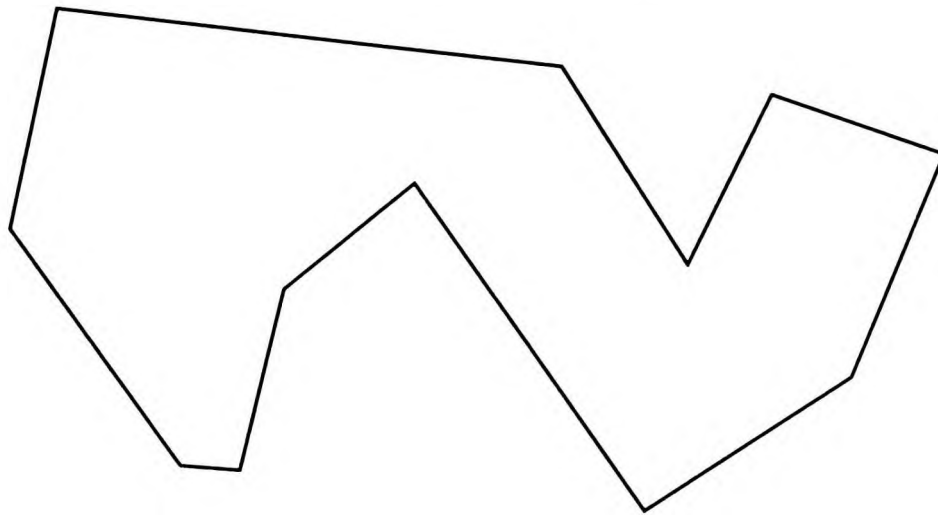
**Other patterns to consider:** Brutality, Emotional Abuse, Etheric Adjustment, Feeling At Ease, Hysteria, Pancreas, Rejuvenation, Spleen, Toxicity.



## ***Worrying***

Worrying can become a habit. Some people seem to be programmed to worry and it may have started in early childhood. This pattern can help you become aware of your worry habits and if consistently and patiently used, can help you break the worry habit.

**Other patterns to consider:** Addictive Habits, Business Pressure, Depression, Emotional Abuse, Energy Balancing, Etheric Adjustment, Negativity, Regularize Erratic Lifestyle, Resistance, Stress, Toxicity.



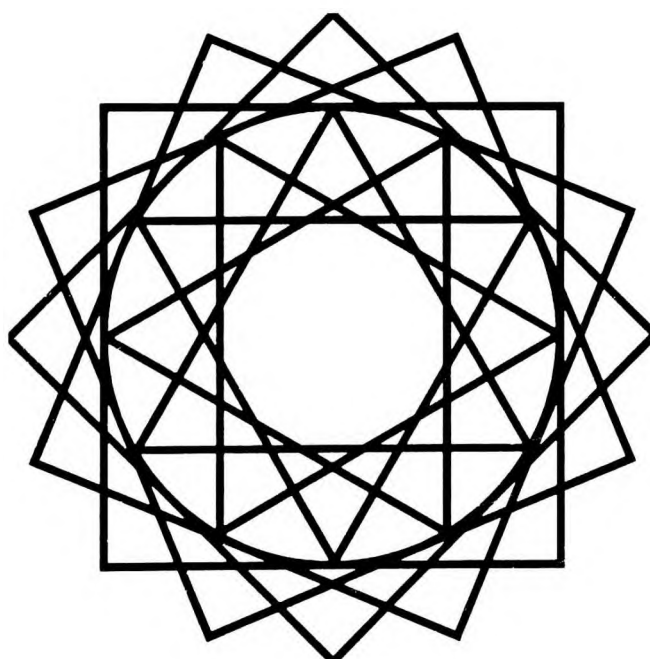
## Chapter 5

### ***Clearing Discordant Energies***



It is easy to accumulate discordant energies from day to day and even from moment to moment such as anger, guilt or fear. Once accumulated those energies can cause harm mentally, emotionally and physically. Check with your High Self committee to determine if you have collected any discordant energies. If you have, use the pendulum to determine which ones, listed on the following page, need to be released. Place your hand on the Creative Power Symbol in Figure 4 and ask that the energy be dissolved. Do this for each word indicated. Sometimes you can ask for a number of words to be cleared at one time. Just ask High Self.

The Creative Power Symbol was drawn by Mary Faith Rhoads. It is made up of the three basic creative forms of the universe: the circle, triangle and square. High Self says it is the most powerful symbol that can be drawn. Use it in faith that its use can dissolve all discordant accumulated energy. Since you can collect discordant energy every day, make it a habit to use this symbol daily.



**Figure 4, Creative Power Symbol**

Abandonment	Hate of Men
Abuse	Hate of Self
Addictions	Hate of Women
Alcoholism	Health Abuse
Anger	Helplessness
Apathy	Incontinence-Emotional
Appeasement	Injustice
Betrayal	Insanity
Bitterness	Intolerance
Brutality	Jaundice
Child Abuse	Jealousy
Complaining	Judgmental
Conflict	Lethargy
Cowardice	Low Self-Esteem
Cruelty	Lying
Dalliance	Malice
Depression	Manipulative, Emotional
Despair	Manipulative, Physical
Domineering	Negativity
Doom	Panic
Doubt	Plaintive
Envy	Rejection
Error	Religiosity
Escapism	Resentment
Failure	Restlessness
Fatigue	Revenge
Fear	Self-Centeredness
Forsaken	Self-Destruction
Frustration	Selfishness
Greed	Self-Limitation
Guilt	Self-Punishment
Harried	Separation
Hate of God	Sniveling
Hate of Life	Spiritual Suicide
	Toxic Shame

## Chapter 6

### ***Clearing Blocks To Positive Energies***



Often you may have difficulty expressing the positive characteristics you want to be or manifest in your life. Determine which characteristics you need to enhance, then use the pattern in Figure 5 to magnify these positive traits.

I AM is the only name that God gives to identify self.

*"God said to Moses, 'I AM WHO I AM.' And he said, 'Say this to the people of Israel, I AM sent me to you.'" Exodus 3:14*

1 John 4:7, 8 states, "Beloved, let us love one another; for love is of God, and he who loves is born of God and knows God. He who does not love does not know God; for God is love."

Love is the greatest creative power there is. High Self says that God is synonymous with good. Therefore it is of extreme, vital importance to love God for that sets in motion the energy of creation to bring good into the expression of life.

Abundance	Mercy
Awareness	Perseverance
Concern	Poise
Confidence	Relaxation
Constructiveness	Self-Control
Courage	Self-Esteem
Creativity	Self-Preservation
Enthusiasm	Strength
Forgiveness	Supportiveness
Gentleness	Thoughtfulness
Hope	Trust
Kindness	Vitality
Love	Worthiness





**Figure 5, I Am For Love Circlel**

## Chapter 7

### ***Symbols***



The following symbols can be used to increase positive traits and energies in your life. Just place your hand on the symbol and hold it there for a few minutes. You can also meditate on the symbol.

Bluebird, page 202

Dragon, page 203

Eagle, page 204

Hummingbird, page 205

Platypus, page 206

Scarab Beetle, page 207

Turtle, page 208

Wormwood, page 209

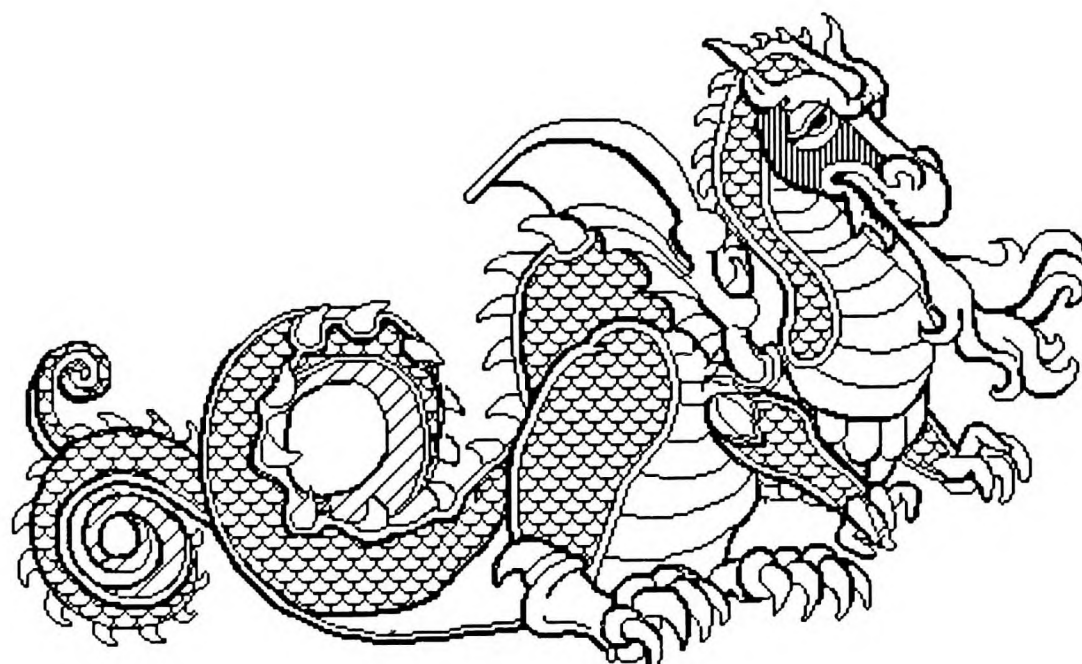
## ***Bluebird***

We have often heard of the bluebird of happiness. Use this symbol to increase your sense of happiness.



## ***Dragon***

Use this symbol to increase spiritual awareness and comprehension.



## ***Eagle***

This symbol can be used to increase spiritual perception.

